Employee assistance program

Successfully Navigating Challenging and Difficult Relationships

Virtual Training Series

Relationships are an integral part of our personal and work lives and can be very enriching. Unfortunately, that is not always the case. Some relationships can be a source of anxiety, stress, and negativity. In this training, participants will explore their own challenging and difficult relationships; learn practical strategies, techniques, and resources to improve those situations; and identify a personal action plan.

Wednesday, April 14, 2021
12:00 - 1:00 p.m.

Registration:
Advanced registration is not required. To view and listen to the live webinar, go to bit.ly/3dtZp6Y on the day of the event.
• Event Number: 132 926 0707
• Event Password: bKYpmvZW3223
• United States Toll: +1-408-418-9388
• Access code: 132 926 0707

The training will be recorded and available on the website approximately two to three weeks after the live event. To view past trainings, go to eap.calhr.ca.gov. Under Explore Services, click on the program tile for Webinars and Workshops to access the individual training recording, slideshow and handouts, if applicable.

Learning Objectives
• Describe and identify your own challenging and difficult relationship situations.
• Learn practical strategies, techniques and resources to improve these situations.
• Identify your own personal action plan.

Who Should Attend?
• These workshops are free to state employees.
• Before planning to attend, employees should ensure supervisor’s approval.
• Please provide two weeks notice for special accommodations.

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