



**Employee
Assistance
Network**

Leadership Academy Schedule 2022

How it works: Sign up for Segment I, II, III &/or IV. Those who complete all 4 segments will receive a Certificate of Completion for the 2022 Leadership Academy. Webinars will be available on demand and can be watched when convenient during the segment. All supplemental self study is optional and can also be completed when convenient during the segment. To register contact tammy@eannc.com by 1/31/2022

Segment I: February 1st – March 31st Building Resiliency

Webinars:

The Resilient Zone
The 5 “C’s” of Resilience
Grounding and Resourcing Activities

Supplemental Self Study:

Read an article
Watch an additional webinar or video
Complete a worksheet or assessment

Segment II: April 1st – May 31st Self-Management

Webinars:

Emotional Intelligence in the Workplace
Expanding Your Circle of Influence
Work Life Balance Redefined

Supplemental Self Study:

Read an article
Watch an additional webinar or video
Complete a worksheet or assessment

Segment III: June 1st – July 31st Reducing Stigma in the Workplace

Webinars:

Mental Health Stigma
How to Talk About Mental Health
How to Help Someone Seek Help

Supplemental Self Study:

Read an article
Watch an additional webinar or video
Complete a worksheet or assessment

Segment IV: August 1st- September 30th Enhancing Communication Skills

Webinars:

Barriers to Communication
Active Listening
Assertive Communication

Supplemental Self Study:

Read an article
Watch an additional webinar or video
Complete a worksheet or assessment

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their potential with EAN.

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