

*Your Employee Assistance Program*  
**Online Seminar**



## **Shine Your Light: Finding Your Inner Glow**

Identify your positive traits and learn how to highlight them in everyday life, resulting in a more genuine and confident self-presentation.

**JANUARY 2025**

### **LET US HELP**

Visit the website below starting January 21

**WEBSITE:** [EAPHelplink.com](http://EAPHelplink.com)

**TOLL-FREE:** 1.800.833.3031

**COMPANY CODE:** IOWA

**ALWAYS AVAILABLE | FREE | CONFIDENTIAL**

