



Employee Assistance Program (EAP) January 2026 Online Seminar



STAYING ON TRACK: 7 PRACTICAL STRATEGIES FOR GOAL COMMITMENT

SEMINAR DESCRIPTION:

In this seminar, you will learn practical tools to stay consistent, overcome setbacks, and achieve what matters most. We will also explore simple ways to stay motivated and build habits that keep you moving forward.

Visit the website below
starting January 20

WEBSITE: EAPHelplink.com

COMPANY CODE: IOWA

TOLL-FREE: 1.800.833.3031

ALWAYS AVAILABLE, FREE, & CONFIDENTIAL