



**Employee Assistance Program (EAP)
April 2026 Online Seminar**

MANAGING THE JUGGLE: PRACTICAL TIPS FOR MULTI-ROLE SUCCESS

SEMINAR DESCRIPTION:

In this seminar, you will learn proven techniques to manage competing demands and maintain balance without burnout. We'll also share strategies for prioritizing tasks, setting boundaries, and keeping energy for what matters most.

ALWAYS AVAILABLE, FREE, & CONFIDENTIAL

**Visit the website below
starting April 21**

WEBSITE: EAPHelplink.com

COMPANY CODE: IOWA

TOLL-FREE: 1.800.833.3031

