

## Employee Assistance Program (EAP) Online Seminars



# HREXPRESS

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KEPRO, the State's provider of EAP services, offers on-demand monthly online seminars covering various topics. Seminars may be found online at [www.EAPHelplink.com](http://www.EAPHelplink.com) (Company Code: **IOWA**).

Online seminars are an interactive learning experience you can view at your convenience.

### **Starting December 18**

#### **"Say What You Mean the Right Way: Healthy Forms of Communication"**

There are many ways to communicate your feelings with the people in your life. Explore how you can use communication to strengthen your relationships.

### **Starting January 15**

#### **"Building Positive Relationships at Work"**

Examine patterns in our workplace relationships and how we can alter our approach to make them more positive.

EAP also offers confidential resources to help State employees and eligible family members address challenges which may impact job performance, affect well-being, and take a toll on overall health. EAP services are provided at no cost to employees and eligible family members.

For more information and additional resources, visit <https://das.iowa.gov/human-resources/healthy-opportunities/employee-assistance-program>.

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