

HelpNet

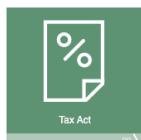
Your Customized EAP Website

A gateway to access online options for employees, and their household, to maintain a healthy balance between work, family, and individual needs. You will find a host of information that is easy to access in specific areas of interest.



See back side for a listing of the self-paced training opportunities available.

**News Alerts • Legal • Financial • Travel
Childcare • Elder Care • Family • Relationships
Nutrition • Wellness • Fitness • Home • Pets
Volunteer • Training Center • Personal Growth**



HelpNet Tools

Skill Builders
Health Tools
MD Hub
MedLine
Calculators
Nutrition
Fitness
Wellness
Legal
Financial
Forms & Templates
Webinars
Recipes
Daily Living
Stress Management

and more...

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512-328-1144
800-343-3822

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Training Center & Personal Growth

Communication (18)

Effective Communication
Conflict Resolution
Business Writing
Presentation Skills
... *and more*

Professional Development (52)

Emotional Intelligence
Business Writing
Customer Service
Planning
Time Management
... *and more*

Leadership (30)

Building a Successful Team
Leadership Basics
Delegating
Workplace Diversity
... *and more*

Work/Life Balance (20)

Achieving Personal Goals
Balancing Work & Family
Avoiding Burnout
Achieving Goals
... *and more*

Interpersonal Skills (25)

Conflict Intervention
Valuing Diversity
Emotional Intelligence
... *and more*

Child & Elder Care

Sales Skills

Assessments

Webinars

Videos

... *and more*

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To Access Webinar Topics:

Select **Benefits | HelpNet**

Click **Connect to HelpNet**

Select **Training Center, Personal Growth**
or other topics

Click **Courses**

Click the arrow to expand each topic

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