

Best Care EAP Presents...

# 2020 Weekly Summer Webinar Series - Self-Growth

**2020 has turned out to be quite a year so far!** We've all experienced a great deal of emotional and physical unrest. Learn the steps we need to take to help us move forward by tackling our basic needs first.

Join Best Care EAP as we host the second stage of our summer series, **SELF-GROWTH**. These online webinars take place on the following Wednesdays starting July 15th @ 9 am.

**Sessions are FREE! Click on the link to register:**

**July 15, 2020, 9 am-9:45 am, [Building Emotional Intelligence](#)**

When it comes to life satisfaction and getting over bumps in the road, emotional intelligence (or EQ) can play a larger role in overall success than even intellectual intelligence (IQ). Learn basic ways to help you cultivate your EQ and use it to your advantage in all areas of your life. *(Robyn/Dave)*

**July 22, 2020, 9 am-9:45 am, [How to Make Conflict Productive](#)**

Learn reasons why conflict is seen in such a negative light and what we can do to reframe our way of thinking around conflict. We will focus on the necessary actions to have difficult conversations and be able to disagree respectfully, without drama. Ultimately, resulting in a more harmonious work environment. *(Dave/Kim)*

**July 29, 2020, 9 am-9:45 am, [3-2-1. Respect!](#)**

Respect is the fuel that ignites and sustains positive relationships. Join us as we take a fresh look at respect: what it is, how to create it, how to communicate it, and, most importantly, how to keep it alive in these stressful, polarizing times. *(Robyn/Kim)*

**Stay tuned for future topics and dates.**

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