



LETTER FROM THE CEO

DEAREST MEMBER OF NATIONAL EAP,

There is so much I wish to say but first, let me start with deep gratitude. In a year that brought unimaginable challenges into all our lives, it was our team's privilege to serve as your first line of defense against the emotional strain Covid 19 has caused. More members and organizations than ever before reached out to National EAP this year for counsel, support, and guidance. Witnessing our members' amazing resiliency was an honor. Delivering support and educational groups that enabled people to come together to support one another and find a place of solace was a tremendous privilege. The National EAP team thanks you for trusting us and sharing your stories, and we will continue to be here for you every step of the way.

2020 required us all to dig deep and endure changes we were not prepared for. No matter what your 2020 journey has been, I applaud you for getting up, showing up, and keeping on. Resiliency is something we often discussed, and we did so to remind you that resiliency was a toolbox that can be built, piece by piece and step by step. You had the power and capability to rise and respond to the challenges coming hard and fast at you. It might not have looked pretty, and it certainly wasn't easy, but you did it.

As we enter this holiday season, it is an excellent time to slow down a bit and take stock of all that has transpired, and acknowledge what has been endured. Equally as important is to recognize the gains and growths. Some questions to consider are: How did I find successful ways to maintain connection during the toughest times? What new abilities did I develop? And lastly, what new things, experiences, or people am I grateful for?

Thought leader Glennon Doyle likes to remind people, "We can do hard things" when the going gets tough and we need to dig deep. Well, today I would like to remind you that YOU DID THE HARD THINGS in 2020, and that is incredible! There are so many lessons to be learned from our experiences; I hope that as you travel into 2021, you do so with an increased sense of fortitude, wisdom, and confidence.

The National EAP team and I wish you an abundance of health and fulfillment this Holiday season.

WARMEST REGARDS,

**AOIFA O'DONNELL, LCSW
CEO**

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HOW TO MAKE 2021 YOUR YEAR!

December

It is safe to say 2020 has been quite the journey so far, however, through every journey, we learn and grow from our experiences. When looking back at this past year, make sure you recognize the strength you built for yourself and those around you. As we look forward and enter a new year, be sure to use these helpful tips so you can make 2021 your best year yet!

- Set Goals: Make a list of your goals for 2021. If your personal and professional goals overlap, put them at the top of your list! Spend some time prioritizing and developing a game plan.

- Evaluate your Surroundings: Be mindful of what conversations you are having and who you spend your time with. If someone or something is draining your energy and making you stressed, step away or ask for help.

- Make Time for Yourself: Self-care is always important. Even if it is 5 minutes out of your day to do something for you, take the time and commit to putting yourself first.

CHILD CARE RESOURCE AND REFERRAL

We recognize that with schools closed due to COVID-19, child care is a stressor for many parents. As a result of this pressure we urge members to reach out to National EAP where we can help with the following:

- Individualized assessment & referral plans for your unique needs
- Referrals to local care providers include family child care, day care centers, nannies, special needs programs and counseling services
- Back-up care options
- Camps, schools, tutors, recreational activities, and more
- An online, comprehensive library of articles and tip sheets on every aspect of raising children

WHATEVER YOU NEED, WE ARE HERE TO HELP.

Call or log on to get started.
TOLL-FREE: 1-800-624-2593
WEBSITE: www.nationaleap.com
USERNAME: Your Company Name
PASSWORD: Your Company Name

Training Spotlight ***Leading a Remote Workforce***

During the COVID-19 pandemic, National EAP developed a new seminar called **Leading a Remote Workforce** and this course is for managers who are new to overseeing remote staff. The goal of this seminar is to provide managers with the skills needed to manage their employees effectively in a virtual environment. Participants will:

- Understand the transfer of managerial skills in the remote work world
- Identify effective strategies for supervision
- Learn skills to ensure accountability

To book a **Leading a Remote Workforce** session for your organization, [click here](#)

ALL NEW: THRIVE WITH NATIONAL EAP PROGRAMMING!

National EAP's mission is to help you become the best version of yourself, therefore every month, National EAP's team of coaches and clinicians will host live webinars to help you level-up in your personal and professional life. Let's go!

The Key to Personal Growth: Self-Compassion

Do you ever stop to think about the way your internal dialogue affects your mental wellbeing? The way we speak to ourselves dramatically impacts how we make sense of the world around us and how we feel about our abilities. Join us for a two-part webinar on **Tuesday, December 15th and Tuesday, December 22nd @ 1:00-1:30 pm EST** to learn about self-compassion and the importance of soothing oneself with nonjudgment and kindness.

Rising and Ready!

On **December 17th at @ 12-1:00 pm EST**, join National EAP for a special 1 hour *performance coaching session* to learn the skills you need to thrive in 2021. This session will focus on: reflecting on the skills you have developed in 2020, refocusing on your goals, and reviving your spirit!

To register for either of these webinars, [click here](#)



YOU'RE INVITED! PROMOTING EMPLOYEE MENTAL HEALTH AND WELL-BEING EVENT

December 10th, 2020 @ 3 pm EST

On *December 10th* National EAP's CEO, Aoifa O'Donnell will be a featured panelist for the upcoming Lockton virtual learning series event, **Promoting Employee Mental Health and Well-Being**, hosted by Dr. Kelly Reed. This live webinar will discuss the importance of mental health as a part of overall worker health and what employers can do to support their employees' mental health and well-being during this time and beyond. This hour-long event will host two 20-minute panels, followed by a 15-minute audience Q&A. The Panelists include:

HR Officer/Exec Panel

Wendy Hill, Chief People Officer at Netsmart
Laurie Johnson, VP, HR at John Knox Village
Tanja Nitschke, VP, Global HR & Talent Management at Eventbrite
Vicky Ringwood, SVP, HR North America at Konica-Minolta
Vijay Tallapragada, Global Head - HR Operations at DLL

Resources/Support Expert Panel

Shealynn Buck, Chief Medical Officer at Lockton
Todd Hlasney, SVP, Director-Health Risk Solutions at Lockton
Aoifa O'Donnell, CEO/President of National EAP, Inc.
Mahima Saxena, Assistant Professor at Illinois Institute of Technology

To register for this event, [click here](#)

