

Manager Trainings Employee Assistance Program

August 2025

“Self-Care in Leadership”

Goals of the presentation include:

- Understand the relationship of self-care to performance
- Recognize that self-awareness is the predecessor of self-care
- Learn tips for building self-care into your day
- Explore strategies to maintain balance and improve resilience

August 14th 2025

1:00pm – 2:00pm

Webinar

August 26th 2025

10:00am – 11:00am

Webinar

Advance registration is required. To register, click on the link below and complete the required fields:

<https://forms.office.com/r/1KPZuqc8Zv>

**Classes may be cancelled without adequate registration.
These dates and topics are subject to change based on demand.**

Atrium Health’s Employee Assistance Program is designed to help you and members of your family with a variety of personal issues including marital conflicts, job stress, emotional, alcohol and drug problems and difficulties with children. If you or a family member needs help, contact the Atrium Health Employee Assistance Program at **704-355-5021** or **800-384-1097**.