

Manager Trainings Employee Assistance Program

May 2026

“Self-Care in leadership”

Goals of the presentation include:

- Identify the different types of stress and stressors
- Identify the significance of self-care for leaders
- Identify self-care strategies for leaders

May 11th, 2026,
May 18th, 2026,

Noon – 1:00pm
1:00 – 2:00pm

Webinar
Webinar

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

<https://forms.cloud.microsoft/r/1KPZuqc8Zv>

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

We kindly ask that you refrain from recording the counselors or any materials shared during the webinar using any device or AI tools. If you have any questions, please feel free to contact the presenting counselor

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**.