Lucet™ | Employee Assistance Program

Free live webinars included in your Employee Assistance Program (EAP)

Learning can boost self-confidence, build purpose and help connect you with others, but finding the time for personal and professional development can be tough. Your Employee Assistance Program (EAP) makes this easier by offering chances to grow your mindset each month. Live webinars focus on topics that can help you feel productive and think differently about life at home or at work.

For All Employees

Sessions are on Wednesdays 12 – 12:45 p.m. & 3 – 3:45 p.m. ET

01/13/27 | Building A Better Financial Foundation
We all have unique relationships with money that can sometimes cause anxieties. By expanding the understanding of our finances, employees can reduce these anxieties and have a more productive relationship with money.

02/10/27 | A Beginner's Guide to Love Languages
We'll demistify the five love languages and discuss how different relationship preferences affect communication, appreciation, conflict and connection. We'll focus on self-reflection, partner/family examples, workplace applications and inclusive language for all relationship types.

03/10/27 | The Science of Living a Happier Life
We will explore compelling research on neuroscience, positive emotions, daily habits and mindsets that influence well-being, resilience, and life satisfaction. We offer practical strategies that can be applied immediately for greater happiness and joy.

04/14/27 | Leveraging Your Strengths as a Neurodivergent
Different, not difficult: workers with ADHD, Autism, Dyslexia and other neurodivergence are a growing part of the workforce. We will explore unique interests, communication styles, motivation and blind spots to understand how to leverage for success.

05/12/27 | Habits Hiding in Plain Sight
We'll explore the connections between sleep, health, stress regulation, productivity and daily habits. Learn strategies for sleep hygiene, routines, screen boundaries, nutrition/movement tie-ins and knowing when to seek support.

06/09/27 | Understanding the Human Side of AI
As AI becomes a larger part of daily life, it can be seen either as a threat or a way to streamline and accelerate success. This session provides facts and strategies to help decide if, when, and how to use these tools responsibly and effectively.

07/14/27 | Building Emotional Strength for Weight Loss
With recent pharmaceutical breakthroughs unlocking weight loss for so many, it's easier than ever to overlook the emotional aspects of our relationship with food and self-image. We'll have a stigma-free discussion about appetite, mood, body image, side effects and supporting healthy habits.

08/11/27 | Doing it All (and Then Some)
Careers, school, parenting, household chores, nurturing relationships and eldercare responsibilities can impose stress from every direction. We'll learn to identify sources of stress and use tools such as organization and delegation to effectively manage stress.

09/08/27 | Living (and Growing) Through Grief
The death of a family member or close friend is one of life's most difficult experiences. This session discusses the process and stages of grief and helps participants move toward resolution during emotionally trying times.

10/13/27 | Harnessing Emotional Intelligence
Emotional Intelligence (EQ) is a stronger predictor of success and life satisfaction than IQ. This interactive session defines EQ, helps consider current EQ, and offers strategies for enhancing self-awareness, communication, career success and fulfillment.

11/10/27 | Rebounding: Resiliency in the Workplace
Setbacks happen even when employees love their jobs and are well regarded. We'll discuss how to survive setbacks, show strength, and rebound with resilience after difficult projects, co-worker challenges or client losses.

12/08/27 | Setting Goals That Actually Stick
Beyond simply "getting things done", setting and working toward meaningful goals have a huge impact on our overall well-being. We'll explore time management, to-do lists, and what to do when life gets in the way of your progress.

Webinar Sessions
Time Zone Conversion

Eastern Time	12 – 12:45 p.m. | 3 – 3:45 p.m.	**Mountain Time**	10 – 10:45 a.m. | 1 – 1:45 p.m.
Central Time	11 – 11:45 a.m. | 2 – 2:45 p.m.	**Pacific Time**	9 – 9:45 a.m. | 12 – 12:45 p.m.

For All Leaders & Managers

Sessions are on Wednesdays 12 – 12:45 p.m. & 3 – 3:45 p.m. ET

01/20/27 | The Leadership Learning Curve
Your rockstar status landed you a promotion – now what? In this session, we'll cover the unique challenges of going from individual contributor to manager, including setting clear expectations, delegating work, giving feedback and more.

02/17/27 | Behavioral Interviewing for Hiring Managers
In this session, we will explore great "icebreakers" for interviewers and will work extensively with the technique of "behavioral interviewing" — a method to find applicants that will make a good match for the position, as well as the culture.

03/17/27 | Managing the Dynamics of the Flexible Workplace
Many organizations are navigating flexible work cultures. This leader-focused session explores communication norms, fairness, accountability, engagement and team cohesion across remote, hybrid and in-office environments.

04/21/27 | Understanding Neurodiversity as a People Leader
In this session we explore neurodiversity at work, including how to create psychologically safe conversations, adapt communication and work practices, support strengths, reduce stigma and connect employees with resources to help them thrive.

05/19/27 | Protecting Your Team's Energy
Burnout can sneak up when energy or motivation fades. This session helps leaders diagnose burnout, recognize its sources and create action plans to counteract it for themselves and their teams while protecting emotional well-being.

06/16/27 | Using Technology to Empower Your Team
We'll explore how to confidently navigate the age of artificial intelligence while strengthening the uniquely human skills that drive engagement and performance. We'll also cover responsible AI use, ethical considerations and strategies for maintaining a people-first culture.

07/21/27 | Recognizing and Addressing Unconscious Biases
Participants explore personal style and reflect on how style and unconscious biases can influence communication with different perspectives. We'll address cultural, generational, gender, ability and other dimensions through discussion and case studies.

08/18/27 | Emotional Intelligence to Expand Your Influence
Emotional Intelligence (EQ) is a stronger predictor of career success and life satisfaction than IQ. This leader session defines EQ, examines self-awareness, social awareness and builds communication, coaching and relationship-management skills.

09/15/27 | Listen Like It Matters (Because it Does)
Silence speaks louder than words, but not everybody listens well. We will discuss creating an environment where employees feel comfortable to speak up, ask for help, admit mistakes and contribute. Explore trust behaviors, inclusive practices, manager response skills and escalation pathways for well-being concerns.

10/20/27 | Your Performance Review Playbook
Performance reviews don't have to be stressful – if you're prepared. We'll help you gear up for year-end reviews with clear documentation, balanced feedback, goal-setting, coaching questions, conversation strategies and development planning.

11/17/27 | Setting the Cultural Tone as a Leader
Sometimes something as simple as the way workplace policies are communicated, or one-on-ones that are frequently canceled, can wreak havoc on the culture of an organization. Join us to discuss the small adjustments that can help foster an engaged culture based on trust that can help employees truly flourish.

12/15/27 | Understanding Communication Styles
We'll help you better understand your likes, dislikes, communication style, motivation and how to apply those insights to adapt your approach to better motivate employees and collaborate more effectively.

How to sign up

1. Visit **eap.lucethealth.com** and enter your company code
2. Select **Resources** in the header and click **Register for Upcoming Webinars**
3. Choose your session, complete the easy registration form and receive confirmation

Questions? Call your EAP phone number below.

Scan to register or visit **events.lucet.health/lucet-eap-webinars**

✦ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

Call 800-624-5544 | Visit eap.lucethealth.com

Your company code:
counseling/coaching sessions, per topic, per year.

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