

Executive Edge

Q2 2025 Newsletter



Set Your Leaders Up for Success with the Athrú New Manager Essentials Training Program

A 4-Week Online Training Program for New Leaders & Managers

Strong leadership is the foundation of a thriving workplace. Ensure your managers have the skills they need to succeed with the **Athrú New Manager Essentials Training Program**—a four-week virtual course designed to equip new and emerging leaders with essential management skills.

This interactive program provides:

- Foundational management skills
- Practical communication techniques
- Strategies for fostering accountability
- Motivational leadership approaches.

Each session includes interactive discussions, real-world scenarios, and actionable takeaways. Upon successful completion, participants will receive a certificate of completion.

Spots are limited! [Complete this form](#) now to get early access to the registration link.

New Manager Essentials Training Program
A 4-Week Online Training Program for New Leaders

Presented By: Erin McKown, LMSW

Don't Miss Out - Mark Your Calendar

- May 6th - Management Essentials
- May 13th - Motivational Leadership Strategies
- May 27th - Straight Talk for Managers
- June 3rd - Accountability in the Workplace

Sign up to receive the registration link >>>

Cost: \$399 per person
Includes: 4 sessions

In This Issue

Athrú New Leader Essentials Training Program

THRIVE in 2025: Focusing on Workplace Culture and Inclusion

National EAP in the Community

Partnership Spotlights

April - June Days of Awareness

Feature Service: Enhanced Management Referral Program

Follow Us On Social

[View On Your Mobile Device](#)



MEMBER SERVICE UPDATE:

Transition from eMLife to Wysa

As of **April 1st**, **eMLife will no longer be available** as a mindfulness service through National EAP. In its place, we're excited to **introduce Wysa, an intuitive AI-powered Mental Resilience App** designed to support your well-being anytime, anywhere.

Wysa's interactive and adaptive approach offers a meaningful way to enhance your mindfulness and emotional well-being.

wysa



Wysa's AI-powered mental health chatbot, revolutionizes emotional support by providing accessible and personalized assistance to users with a library of over 150+ science-backed self-care tools.

Wysa Key Features:

- **Personalized CBT-based Tools** – Tailored exercises and guidance to help manage stress, anxiety, and other mental health challenges.
- **Clinically Validated Program** – Structured content backed by mental health professionals to ensure effective outcomes.
- **On-Demand Support** – 24/7 access to the app, empowering users to engage with mental health resources at their convenience.
- **Progress Tracking** – Monitor personal growth and milestones in mental resilience.

Join Us for an Informational Session

Introducing Wysa — Your AI Mental Resilience App

Tuesday, April 15th at 12:00pm ET

Discover how Wysa, your AI-powered mental health support app, can help build resilience and provide emotional support whenever you need it. Learn about its features, functionality, and how it can support mental well-being.

[Register Online >>](#)



2025 THRIVE WEBINARS

Strengthen Your Workplace Culture with THRIVE Webinars

As teams grow and evolve, maintaining an inclusive and supportive workplace is essential. From April to June 2025, National EAP's FREE THRIVE webinars focus on Workplace Culture, providing leaders and employees with valuable insights to foster trust, collaboration, and inclusivity.

These sessions will help your team:

- Build psychological safety so employees feel comfortable speaking up
- Enhance communication to strengthen workplace relationships
- Promote inclusion and celebrate diverse perspectives

[View the complete schedule of the 2025 THRIVE Webinars online >>](#)

April - June 2025 THRIVE Webinars

Thursday, April 10th at 1:00 pm ET

Leadership Spotlight: Fostering Psychological Safety at Work

This webinar will offer strategies to assist you in creating a psychologically safe environment where employees feel valued and heard.

[Register for the April 2025 webinar >>](#)

Thursday, May 15th at 1:00 pm ET

Understanding & Respecting Differences

This webinar will focus on embracing diverse perspectives to create an environment where people feel valued and understood. Join our THRIVE webinar to learn practical strategies to promote inclusion.

[Register for the May 2025 webinar >>](#)

Wednesday, June 11th at 12:00 pm ET

Working Collaboratively as a Team

Join us to discuss the importance of collaborating effectively across teams and strategies to enhance team cohesion and tips to leverage team members' strengths.

[Register for the June 2025 webinar >>](#)

NATIONAL EAP IN THE COMMUNITY

We proudly support organizations that offer opportunities to underserved communities and make an impact in today's world including Family & Children's Association, Girls Inc. of Long Island, and Philanthropy Network of New York (PPNY). These incredible opportunities not only make an impact on our community but also reinforce the power of collaboration and service. Giving back is at the heart of what we do, and we are grateful for the opportunity to contribute to such meaningful causes.

In February, National EAP proudly joined forces with the Philanthropy Network of New York and the wider community to **support Island Harvest and Long Island Cares – The Harry Chapin Food Bank**. Together we sorted and packed food, helping provide essential resources to those in need across Long Island.



Most recently, Aoifa O'Donnell, CEO of National EAP was a feature panelist at the Girls Inc, of Long Island Champion for Girls Breakfast on March 20th. Alongside likeminded influential female leaders, Aoifa offered a message of resilience, strength, and the power of perseverance. As a sponsor of Girls Inc., of Long Island, Aoifa and National EAP are committed to supporting the future of women in leadership.



Coming up on April 23rd, Aoifa O'Donnell is being celebrated as a Champion at the upcoming LGBT Network's Celebration of Champions Gala for her advocacy and support of the LGBT community.

Through our sponsorship of the Gala, National EAP is supporting the LGBT Network's Workplace Initiative, which provides resources and support to help organizations foster diverse, equitable, and inclusive environments.

Join us in celebrating Aoifa and her inspiring commitment to making a difference! **[Click here](#) to learn more about LGBT Network's Workplace Initiative or make a donation.**

JOIN US AT UPCOMING EVENTS

As a member of Philanthropy Network of New York, we excited to offer you the opportunity to join us at upcoming events. If you're interested in being a guest of National EAP, at an upcoming PNNY event, please contact Kim Robinson at kimrobinson@nationaleap.com.





APRIL - JUNE AWARENESS MONTHS

As we move into spring, it's a great time to reflect on our mental and physical well-being. Several upcoming awareness months highlight key health topics that affect individuals, families, and communities. We've included ways in which you can engage with and support these important awareness months within your organization.

April – Stress Awareness Month

Encourage stress management strategies like mindfulness, flexible schedules, and wellness resources.

May – Mental Health Awareness Month:

Promote open conversations, reinforce EAP benefits, and prioritize psychological safety.

June – Pride Month:

Promote inclusivity by amplifying diverse perspectives, reviewing organizational policies, and ensuring fair and accessible benefits for all.

June – Men's Health Month:

Encourage preventive care, mental health awareness, and open discussions on well-being.

June – PTSD Awareness Month:

Provide trauma-informed resources and highlight support for affected employees.

June – Alzheimer's & Brain Awareness Month:

Support caregivers, promote cognitive health, and offer flexible work options.

HR leaders play a pivotal role in shaping workplace well-being. Leverage these awareness months to create a healthier, more inclusive, and supportive environment for your employees.

Interested in Resources Relates to these Awareness Months?

Contact your Client Success Team by emailing info@nationaleap.com.

PARTNERSHIP SPOTLIGHT

Strengthening Partnerships Beyond the Boardroom

National EAP, Inc. recently teamed up with Mutual of America Financial Group to host *Take a Swing at Networking at Topgolf*—an evening where professional connections and friendly competition went hand in hand.

The event was a resounding success, bringing together industry leaders in a dynamic and engaging environment. Attendees enjoyed meaningful conversations, new connections, and, of course, a few impressive golf swings!

This gathering highlights the power of networking beyond traditional settings—sometimes, the best connections are made outside of an office.

Stay tuned for details and an invite to our next event in June!

We look forward to more opportunities to connect, collaborate, and build strong professional relationships.



FEATURE ORGANIZATIONAL SERVICE

ENHANCED MANAGEMENT REFERRAL PROGRAM

We understand that managing employee performance and behavior is crucial to fostering a positive, productive workplace. That's why we're excited to spotlight our **Enhanced Management Referral Program**, a comprehensive solution designed to help your organization address performance challenges and support employees in meeting company standards. ***We focus on delivering measurable outcomes.***

You should consider referring employees to this expert-led program to:

- Address Behavioral Issues at the Core
- Drive Long-Lasting Performance Improvement
- Keep HR and Leadership Informed

Our Enhanced Management Referral Program offers a structured, confidential approach that supports employees while providing HR with the necessary tools to ensure attendance, compliance, and progress. By utilizing this service, you can create a supportive environment that helps employees thrive and ensures your organization remains on track for success.



Contact us today to learn more about how the Enhanced Management Referral Program can benefit your team! Email info@nationaleap.com.

CONNECT WITH US ON LINKEDIN & INSTAGRAM

Stay connected with National EAP by following us on LinkedIn and Instagram!

Our social media channels are the perfect way to stay updated on the latest news, resources, and insights related to your employee assistance programs.

Join our community and engage with us as we share valuable content designed to support you and your employees.

Follow us today!

**Click the icons
to follow
National EAP >>**

