

BOOK CLUB RECOMMENDATION:

The Coffee Bean: A Simple Lesson to Create Positive Change

by Jon Gordon and Damon West

In life, we're constantly surrounded by pressure—at work, at home, and in our communities. In the short and powerful book *The Coffee Bean* by Jon Gordon and Damon West, we're reminded that we always have a choice in how we respond to challenging environments. The story shares a simple analogy: when placed in boiling water, a carrot softens, an egg hardens, but a coffee bean transforms the water itself.

The message is clear: instead of letting adversity change us for the worse, we can choose to be like the coffee bean—resilient, positive, and transformational.

Whether you're navigating stress, seeking mental health support, or simply trying to maintain balance, National EAP is here to help you stay grounded and empowered.

This book is valuable for anyone who is navigating stress, change, or personal growth

[Find a copy of this book online.](#)

[Click Here or Scan to View on a Mobile Device >>](#)



**THRIVE WITH
NATIONAL EAP**

Looking to boost your professional skills this season?


Don't miss our upcoming webinars focused on teamwork and emotionally intelligent leadership—designed to help you thrive in any workplace.

[View the 2025 THRIVE Webinar Calendar & Register Online >>](#)

June Webinar

Working Collaboratively as a Team

 **Date: Wednesday, June 11, 2025**

 **Time: 1:00 – 1:30 PM ET**

Discover the power of teamwork! Explore techniques to strengthen team cohesion and leverage the unique strengths of team members for more effective collaboration.


[Register here](#)

[Watch Recent THRIVE Webinars >>](#)

July Webinar

Leadership Spotlight: Emotionally Intelligent Communication for Leaders

 **Date: Wednesday, July 9, 2025**

 **Time: 12:00 – 12:30 PM ET**

Understanding and managing our own emotions, as well as the emotions of others, is key to building strong interpersonal relationships. Join us to learn about the importance of emotional intelligence in leadership.

[Register here](#)

Connect With Us On Social

Follow National EAP on LinkedIn and Instagram!

Access the latest news, resources, and insights related to your employee assistance programs.

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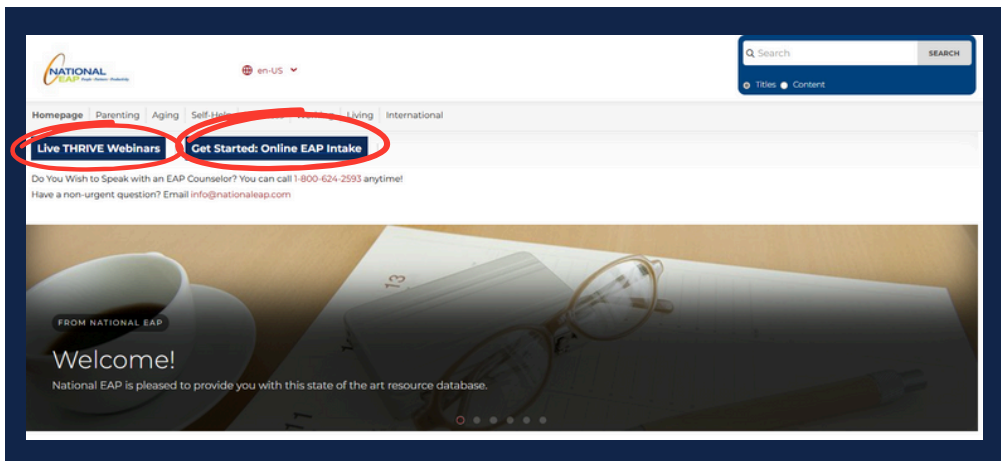
Member Benefits

Updates to Your Member Portal

Take a moment to **explore the latest enhancements to your Member Portal**—now featuring on-demand access to past THRIVE webinars and a streamlined EAP Intake Form.

From the top of the website (shown below), you can:

- Learn about and register for LIVE THRIVE Webinars
- Request EAP Services: Get started by completing our NEW Online EAP Intake form



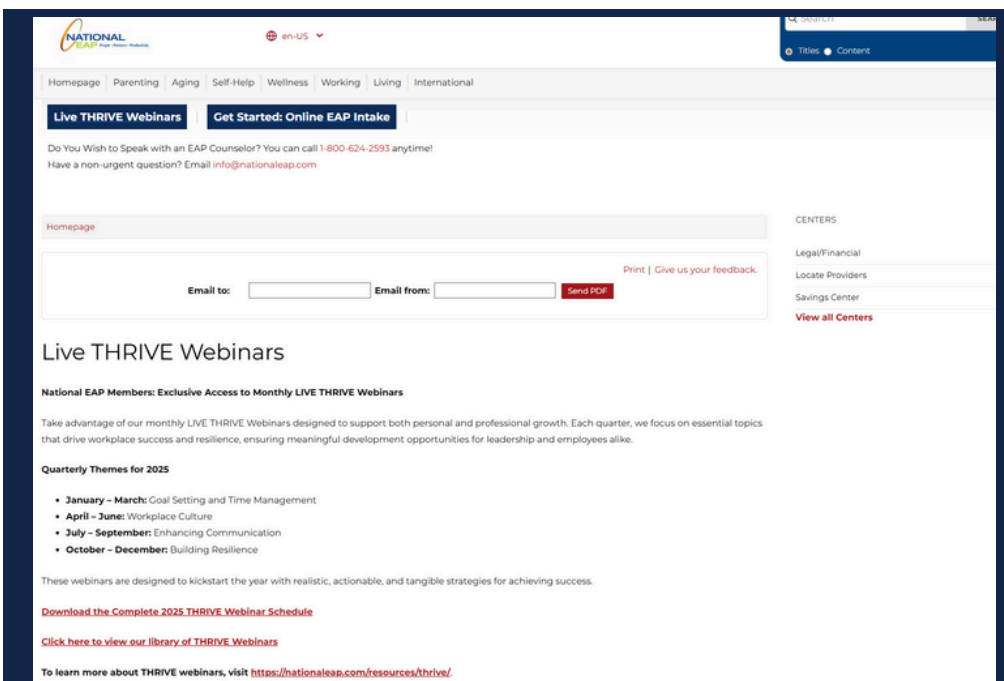
[Access My Member Portal](#)



Your company name is your username and password

From the LIVE THRIVE Webinars page, you can:

- Learn about and register for LIVE THRIVE Webinars
- Download the Complete 2025 THRIVE Webinar Schedule
- View our library of THRIVE Webinars



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Featured Service: BetterHelp



Direct Access to Licensed Therapy Online Through National EAP

We're committed to offering care that meets you where you are—both emotionally and logistically. That's why, as part of your existing EAP benefits, you have access to **BetterHelp**, the world's leading online therapy platform.

Whether you're managing stress, navigating relationships, or simply need someone to talk to, BetterHelp gives you convenient access to licensed therapists through your preferred format: **chat, phone, or video**—on your schedule.

You'll be matched with a therapist based on your individual preferences and needs, including:

- Gender, cultural background, orientation, and faith
- Focus areas such as stress, anxiety, depression, grief, addiction, couples therapy, LGBTQ+ support, teen counseling, and more

Why BetterHelp through National EAP?

- Flexible, private therapy from anywhere
- No commute or waitlists
- A personalized match to fit your goals and comfort

If your schedule is full but your mind is too, this is your sign to make time for yourself.

Support is here—and it's just a click away.

To access BetterHelp, contact National EAP:

 [Complete the Online EAP Intake Form](#)

 Call National EAP at 800-624-2593

 Visit [nationaleap.com/contact](https://www.nationaleap.com/contact) to submit your request online

June 2025: Celebrating Pride Month

June is Pride Month—a time to recognize, honor, and celebrate inclusion. By supporting equality both in and out of the workplace we continue to foster a culture where everyone feels seen, heard, and valued.

RESOURCES AVAILABLE

National EAP is here to support you in recognizing and honoring Pride Month—offering resources, guidance, and a safe space for conversations that foster inclusivity and respect.

EAP Services

To speak with a clinician, [complete our NEW online EAP Intake form](#), or call us at 800-624-2593.

Member Portal

Log on to your member portal to access resources and articles, including:

- Transgender Transition and Inclusion: Your Role as a Manager
- Pronouns for Respect and Inclusion
- Expressing a Commitment to Disability Inclusion

Log on to your member portal and access recorded “Online Seminars” on:

- June 1st - Pride Awareness Month
- June 17th - Thriving at Any Age: A Guide to Healthy Aging
- July 15th - The Power of Resilience

Your company name is your username and password.

If you have difficulty logging on, contact us at info@nationaleap.com.

[Log In To Your
Member Portal](#)



Wysa

Download the App by scanning the QR code from a mobile device and follow the prompts to get started. *Your engagement is completely anonymous and confidential.*

During Pride Month and beyond, Wysa provides a safe and supportive mental health resource to address your needs. Whether you're navigating identity-related stress, seeking emotional support, or simply looking to boost self-care, Wysa offers a confidential space to talk, reflect, and access professional help if needed—because everyone deserves to feel supported and understood.

wysa

[Learn About
Wysa](#)





June 2025: Raising Awareness for Men's Health

Men's Health Month serves as a reminder to prioritize physical and mental well-being. From preventive checkups to open conversations about mental health, taking proactive steps can lead to longer, healthier lives. Encourage the men in your life—and yourself—to take charge of their health this June.

RESOURCES AVAILABLE

National EAP offers a range of resources to support men's physical and mental well-being. From confidential counseling services and wellness webinars to stress management tools and health coaching, we're here to help men take proactive steps toward a healthier life.

EAP Services

To speak with a clinician, [complete our NEW online EAP Intake form](#), or call us at 800-624-2593.

Member Portal

Log on to your member portal to access resources and articles, including:

- Men and Mental Health

Log on to your member portal and access recorded "Online Seminars" on:

- June 17th - Thriving at Any Age: A Guide to Healthy Aging
- July 15th - The Power of Resilience

Your company name is your username and password.

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[Log In To Your
Member Portal](#)



Food & Nutrition Education and Referral Services

Through our partnership with Kelly's Choice, National EAP offers access to expert nutrition and health resources to support your overall well-being. Whether you're looking for personalized nutrition advice or a nutrition referral, these services are designed to help you make healthier choices and reach your wellness goals with confidence.

[Learn more about nutrition education and referral services](#) available through National EAP—your path to better health starts here.



[Learn About
Food & Nutrition
Education and
Referral Service](#)

