

# Executive Edge

## Q3 2025 Newsletter



### Shining a Spotlight on Our Client Success Team

At the core of everything we do at National EAP is a deep commitment to the people and organizations we serve. That commitment shines brightest in the work of our Client Success team, led by **Julie Prisco** and **Stephanie Devine**. Together, they ensure that our partnerships are nurtured and grown with care, expertise, and empathy.

This team plays a vital role in bringing our mission to life: helping individuals and organizations thrive. They make sure clients not only have access to our resources, but also truly understand them, use them, and benefit from them. They are champions of connection, trust, and transformation in the workplace.

#### Here's how they do it:

- **Build Relationships:** They get to know each client's unique culture and needs, offering proactive and personalized support.
- **Deliver Value:** Through ongoing communication and data insights, they help clients maximize the impact of their EAP benefits.
- **Bridge the Gaps:** They ensure smooth coordination across teams so no detail is overlooked.
- **Elevate Voices:** They listen, advocate, and bring client feedback forward to help shape a better, more responsive EAP experience.

👉 [Click Here](#) or Below to Hear Directly from  
Our Client Success Team and Get to Know Julie and Stephanie!



[View the Video](#)

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# HR CORNER:

## *Newly Available on the Member Portal*

We're excited to announce the launch of the **HR Corner**, a new dedicated space on the National EAP Member Portal designed specifically with HR professionals in mind.

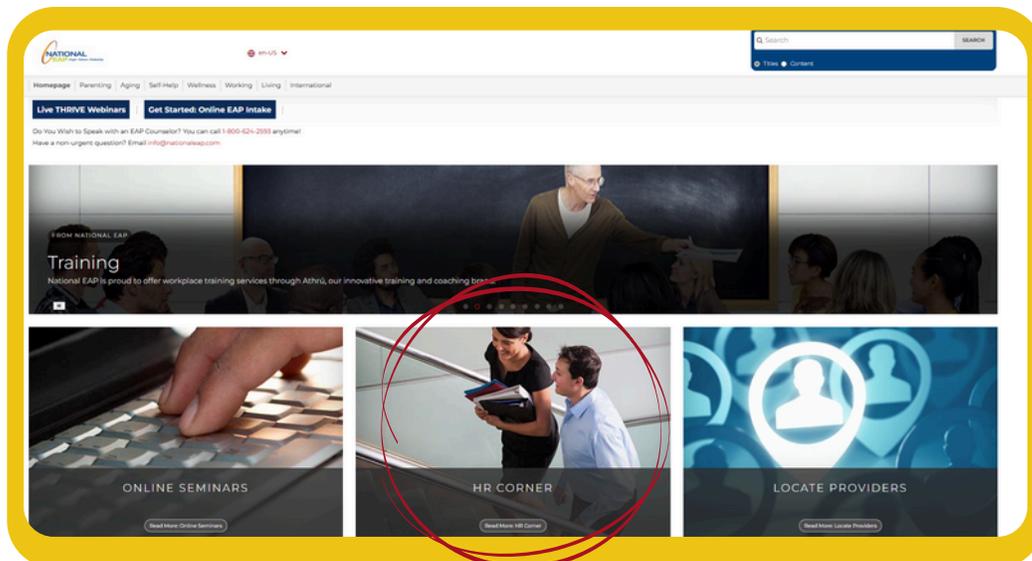
The HR Corner is your go-to hub for quick access to tools, resources, and support to help you promote, manage, and maximize your organization's EAP benefits. Inside, you'll find:

- ✓ Welcome Packet with Customizable Promotional Material
- ✓ Topical Flyers
- ✓ Training & Webinar Recordings
- ✓ Manager Tools & Resources
- ✓ FAQs and Guidance for Common HR Scenarios

Whether you're onboarding new employees, addressing a workplace concern, or planning your next wellness initiative, the HR Corner is here to support you — 24/7.

**👉 Log in to the Member Portal and click "HR Corner" to explore now!**

Need help accessing the portal or have suggestions for content you'd like to see? Reach out to your dedicated Client Success team at [clientsuccess@nationaleap.com](mailto:clientsuccess@nationaleap.com)





# Upcoming Mental Health Training: *Become a Certified Mental Health First Aider*

Athrú is proud to offer **Mental Health First Aid training** to address the nationwide mental health crisis. This transformative, skills-based course designed to empower leaders like you with the tools to recognize, understand, and effectively respond to employees facing mental health or substance use challenges.



This course prepares you to provide vital support during mental health crises. Upon completing this training, you'll **earn certification as a Mental Health First Aider, earn 7.5 SHRM CE credits**, and master a **5-step Action Plan** to confidently and compassionately support your team members.



## Register for the October Mental Health Training:

**When:** Tuesday, October 21 & 28

**Time:** 1:00 pm - 4:30 pm ET

**Where:** Virtual - *Zoom Link to be provided*

**Cost:** \$199 per person for National EAP/ PNNY Members  
\$265 for non-members

### **What's Covered:**

- Common signs and symptoms of mental health challenges.
- Signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.



*\*\* Must attend both sessions and complete 2 hours of prework to receive the full credit*

### **Can't Join in October?**

Keep an eye out for the 2026 training dates. If you're interested in receiving information early, email [info@athrutraining.com](mailto:info@athrutraining.com)

# 2025 THRIVE WEBINARS

## Strengthen Your Workplace Culture with THRIVE Webinars

As teams grow and evolve, maintaining an inclusive and supportive workplace is essential. From July to Sept 2025, National EAP's FREE THRIVE webinars focus on Emotional Intelligence, Communication and De-Escalation Strategies, providing leaders and employees with valuable insights to foster openness, collaboration, and communication.

### These sessions will help your team:

- Enhance communication to strengthen workplace relationships
- Navigate difficult situations and acknowledge emotional intelligence
- Learn effective strategies to de-escalate stressful situations

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

## July - Sept 2025 THRIVE Webinars

**Wednesday, July 9<sup>th</sup> at 12:00 pm ET**

### **Leadership Spotlight: Emotionally Intelligent Communication for Leaders**

This webinar will offer insight into the importance of emotional intelligence and the impact it has on managing teams and promoting a culture of open and honest communication to drive success. [Register for the July 2025 webinar >>](#)

**Wednesday, August 13<sup>th</sup> at 1:00pm ET**

### **Communicating Well with Difficult People**

This webinar will focus on the importance of knowing how to communicate with individuals who have differing perspectives. Join our THRIVE webinar to discover strategies on how to successfully communicate with all types of people, even those who you may not see eye to eye with. [Register for the August 2025 webinar >>](#)

**Tuesday, September 9<sup>th</sup> at 12:00pm ET**

### **Exploring Verbal De-Escalation Strategies**

Join us to learn how to navigate difficult situations, understand emotional "hot buttons," and increase your ability to de-escalate situations using with actionable strategies. [Register for the September 2025 webinar >>](#)



# JULY - SEPT MONTHLY AWARENESS

As we move through the second half of the year, July through September offer meaningful opportunities to champion inclusion, well-being, and mental health in the workplace. From **Disability Pride Month in July** to **National Wellness Month in August** and **Suicide Prevention Awareness Month in September**, these observances remind us of the importance of creating a supportive environment where every individual feels valued, seen, and empowered to seek help when needed.

Below are simple ways to engage your teams and bring visibility within your workplace.

## **July – Disability Pride Month:**

Celebrate inclusivity by spotlighting abilities, reviewing accessibility policies, and fostering a workplace of respect and equity.

## **August – National Wellness Month:**

Encourage holistic well-being through healthy habits, self-care initiatives, and consistent use of wellness resources.

## **September – Suicide Prevention Awareness Month:**

Support mental health by sharing crisis resources, training leaders in compassionate response, and reinforcing the importance of seeking help.

### **Interested in Resources Relates to these Awareness Months?**

Visit the **HR Corner** on the Member Portal or contact our Client Success team at [clientsuccess@nationaleap.com](mailto:clientsuccess@nationaleap.com).

**HR CORNER**



# FEATURED ORGANIZATIONAL SERVICE

## ATHRÚ: WORKPLACE TRAINING & COACHING SERVICES

As the training and coaching division of National EAP, **Athrú** offers innovative workplace training and coaching solutions designed to foster growth, enhance productivity, and transform workplace culture. With over 30 years of expertise, Athrú provides flexible, impactful programs tailored to organizations of all size.

Available as in-person, live virtual, or pre-recorded formats, Athrú sessions provide practical tools to strengthen team dynamics and elevate workplace culture.



### Athrú services include:

- Leadership Coaching
- Management Development Training
- DEIB Training
- Everything DiSC® Training
- Soft-Skill Training
- Wellness Training
- Policy Training
- Adult Mental Health First Aid Training
- NYS Sexual Harassment Awareness and Prevention Training

### Request a FREE Consultation for Your Workplace Training Needs!

Book a Consultation Online or  
Contact Us at [info@athrutraining.com](mailto:info@athrutraining.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!

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to follow  
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