

Executive Edge

Q4 2025 Newsletter



Expert Training & Corporate Development Powered by National EAP

Athru, powered by **National EAP (NEAP)**, is a trusted leader in corporate training and professional development, helping HR teams, managers, and employees thrive. Backed by over 30 years of expertise, Athru delivers flexible, impactful programs tailored to organizations of every size. Since its 2024 launch, Athru has enhanced workplace wellbeing, boosted productivity, and strengthened leadership skills through high-impact training.



Led by **Erin McKown, Director of Corporate Development & Training**, Athru offers organizations tailored programs that seamlessly complement EAP services. Whether your focus is leadership, compliance, or employee wellbeing, Athru provides scalable, results-driven solutions.

Consider scheduling an Athru training for your organization:

- **Management Training:** Instill essential leadership skills and provide tools to empower your leaders to effectively lead teams.
- **HR & Leadership Workshops:** Develop core skills and equip your leaders with the tools to inspire, guide, and drive team success.
- **Everything DiSC[®] Training:** Improve communication, teamwork, and leadership through personalized behavioral insights.
- **Mental Health First Aid:** Equip employees to recognize, understand, and respond to signs of mental health challenges.
- **Holiday Wellness:** Support employee wellbeing and resilience during the busy holiday season.
- **Preventing Burnout:** Develop strategies to manage stress and maintain engagement for long-term productivity.
- **Harassment Training:** Create a safe, inclusive, and compliant workplace.

👉 [Reach out today to discuss a custom Athru training program for your organization.](#)



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and Emotional
Intelligence

Oct - Dec :
Monthly
Awareness

Follow Us On Social



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Mobile Device](#)





Support the NEAP Virtual Food Drive by donating healthy food that will be delivered directly to Island Harvest.

ITEMS NEEDED

- ✓ Canned Food
- ✓ Fresh Meat
- ✓ Fresh Fruit
- ✓ Fresh Vegetables

Click Here or Scan Below to Donate



VIRTUAL

#GIVEHEALTHY

BECAUSE HUNGER IS A HEALTH ISSUE

FOOD DRIVE

SUPPORTING



ISLAND HARVEST

MEMBER OF FEEDING AMERICA

Nourishing Long Island's Future

DONATE FROM 9/12 - 10/18



Introducing the National EAP Ambassador Program

We are proud to announce the launch of the **National EAP Ambassador Program**—a new initiative designed to spotlight the dedicated individuals who are helping us expand awareness, engagement, and impact across the organizations we serve.

Each quarter, we'll highlight featured **National EAP Ambassadors**, offering you the opportunity to get to know the people driving change in their organizations and inspiring others to prioritize employee well-being.

Feature Ambassadors

Christopher Nassauer | RISE Life Services



With a diverse background in executive leadership across education, financial services, and nonprofit organizations, Chris Nassauer now serves with RISE Life Services as the Human Resources Operations Director, empowering individuals with developmental and mental health disabilities to reach their full potential. A proud Rotarian and lifelong advocate for community well-being, Chris is passionate about creating inclusive opportunities and meaningful impact.



Jen Trakhtenberg | ClearVision Optical



As Chief People Officer and Co-Chief Operating Officer at ClearVision Optical, Jen Trakhtenberg is a champion for building thriving, people-first workplaces. Recognized as one of Long Island's Most Influential Women in Business, Jen blends expertise in organizational psychology with a passion for coaching, learning, and wellness. She is dedicated to shaping innovative cultures where employees feel engaged, supported, and inspired.



John Best | Samaritan Daytop Village



For over 25 years, John Best has been leading HR teams in New York's nonprofit sector, and today he serves as Vice President of Human Resources at Samaritan Daytop Village. John is committed to strengthening supervision and performance management as key drivers of employee engagement and retention. With deep expertise and a people-centered approach, John helps organizations grow while supporting employees to thrive.



BENEFITS

NEW Strategic Alliance with



Navigating Your Benefits Has Never Been Easier

National EAP (NEAP) is joining forces with TouchCare to bring you even more support and optimize your benefits experience. TouchCare is the premier health advocacy service that saves members time, money, and hassle.

Through this collaboration, you'll have access to **white-glove advocacy, benefits education, and cost-saving guidance**—all designed to simplify healthcare, maximize benefit usage, and save your organization and employees time and money.

TouchCare Provides:



Personalized Benefits Advocacy

Expert Health Assistants guide your employees through complex healthcare decisions, from understanding plan options to resolving billing issues.



Benefits Education & Navigation

Easy-to-understand explanations of coverage, plan comparisons, and provider searches—empowering your workforce to make informed choices.



Cost-Saving Strategies

Proactive support that identifies lower-cost options for procedures, prescriptions, and providers—saving both employees and employers money.

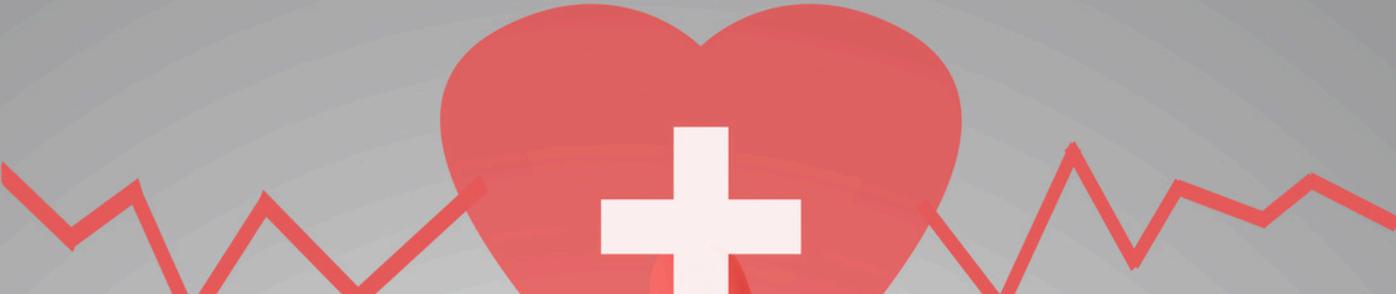


No Direct Cost to Employees

Employees receive expert support without added costs, increasing utilization while relieving pressure on HR and leadership teams.

Request Information to Activate
Your TouchCare Support >>





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

2025 THRIVE WEBINARS

Strengthen Your Workplace Culture with THRIVE Webinars

As teams grow and evolve, maintaining an inclusive and supportive workplace is essential. From Oct to Dec 2025, National EAP's FREE THRIVE webinars focus on Building Resilience, providing leaders and employees with valuable insights to foster openness, collaboration, and communication.

These sessions will help your team:

- Effectively manage times of change and transitions
- Respond to and manage change efficiently and effectively
- Prioritize themselves to help manage stress and achieve more balance in their lives

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

The 2026 THRIVE Webinar schedule will be forthcoming.

Oct - Dec 2025 THRIVE Webinars

Thursday, October 16, 2025 at 12:00 pm ET

Leadership Spotlight: Leading through Change

This webinar will offer strategies to effectively manage periods of change and transition, enhance communication skills and manage resistance, and learn practical tools for support. [Register for the October 2025 webinar >>](#)

Wednesday, November 12, 2025 at 12:00 pm ET

Understanding Change: From Resistance to Resilience

This webinar will focus on the importance of increasing your awareness of the emotions connected to change and learn practical skills to respond to and manage change effectively. [Register for the November 2025 webinar >>](#)

Tuesday, December 16, 2025 at 1:00 pm ET

Embracing Self-Care

Join us to learn the importance of prioritizing your personal wellbeing. Self-care can help manage stress and build resilience. This webinar to explore strategies to enhance self-care routines and achieve more balance in your daily life.

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



OCTOBER - DECEMBER MONTHLY AWARENESS

As leaders, it's important to recognize the observances that highlight health, wellbeing, and human rights, both inside and outside the workplace. This season brings opportunities to foster awareness, empathy, and support across a range of critical issues.

Here are upcoming observances with ideas on how HR leaders can engage teams and build visibility in the workplace:

October

- **Breast Cancer Awareness Month** – Engage teams with a “Wear Pink Day,” share screening resources, or host a health professional talk.
- **World Mental Health Day (Oct 10)** – Promote awareness by offering a mindfulness workshop, highlight EAP/mental health resources, or create “no meeting” breaks.
- **Intimate Partner/ Domestic Violence Awareness Month** – Brings attention to the impact of violence among partners by sharing e hotline numbers, offer training, and provide resources discreetly.

November

- **National Family Caregivers Month** – Recognizes the dedication of family caregivers spotlighting caregiver stories or share caregiver resources.
- **Alzheimer’s Awareness Month** – Raises understanding and support for those affected by sharing educational resources or encourage fundraising for research.
- **National Diabetes Awareness Month** – Spreads awareness by launching a wellness challenge or share diabetes screening info.
- **International Stress Awareness Week** – Promote resilience by offering stress-reduction activities or resilience workshops.
- **International Men’s Day (Nov 19)** – Raise awareness of men’s health by promoting health screenings and sharing resources.

December

- **Seasonal Affective Disorder Awareness Month** – Support employees by encouraging outdoor breaks, share wellness tips, and promote EAP counseling support.

**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.

HR CORNER

