

EXECUTIVE EDGE

Q2 2026 Newsletter

LATEST BLOG:

Elevating Remote Engagement Through Strategic Partnership

As today's workplaces become increasingly remote, fostering meaningful connection and engagement requires more than traditional approaches.

In our latest blog, **Elevating Remote Engagement Through Strategic Partnership**, we explore how thoughtful collaboration can expand resources, strengthen employee support, and create a more connected, resilient workforce. Discover how strategic partnerships can help organizations enhance engagement and deliver greater impact—no matter where their teams are located.

[Read the latest blog today >>](#)



Mental Health Awareness Webinar: Practical Everyday Skills to Manage Emotions

TUESDAY, MAY 5 | 12:00 PM EST

In honor of **Mental Health Awareness Month**, join us for a 30-minute webinar designed to help you navigate everyday emotions with greater confidence and resilience. This engaging session will introduce practical, easy-to-apply strategies for managing stress, regulating strong feelings, and building emotional awareness in both your personal and professional life.

[REGISTER HERE](#)



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THE NEAP AMBASSADOR PROGRAM

We're excited to share the second induction of the NEAP Ambassador Program, an initiative that recognizes the dedicated individuals helping to expand awareness, engagement, and impact across the organizations we serve. NEAP Ambassadors play a vital role in championing employee well-being, driving meaningful conversations, strengthening connections, and inspiring others to prioritize support and care in the workplace.

Each quarter, we'll continue to spotlight featured NEAP Ambassadors, giving you the opportunity to meet the leaders making a difference within their organizations and communities.

Feature Ambassadors

Jennie Kerr | ComTech



Jennie Kerr is the Chief People Officer at Comtech Telecommunications Corp., a global leader in next-generation communications technologies that support commercial and government partners around the world. There, she champions a people-first, mission-driven approach to leadership. She believes that when organizations prioritize family-first values, foster a respectful and fair environment, and create strong speak-up protections, they build cultures where employees feel safe, supported, and motivated.

Jennie is passionate about cultivating workplaces where teams move with clarity and trust, managers coach rather than micromanage, and employees feel a true sense of belonging. Through her leadership, she ensures individuals understand how their contributions drive real-world impact, empowering them to show up, engage, and grow every day.



Kristi Bosco | Hampton Jitney



Kristi Bosco is the HR Manager at Hampton Jitney Inc., bringing over twenty years of Human Resources experience and a deeply personal commitment to employee well-being. Having partnered with NEAP for more than a decade, Kristi is a passionate advocate for ensuring employees and their families have access to meaningful support. She believes that the resources NEAP provides are truly priceless and that every employer should offer this level of care. Through both her professional leadership and personal experiences, Kristi exemplifies the power of a workplace that prioritizes compassion, trust, and holistic support.

At Hampton Jitney, she fosters an environment where employees feel valued, supported, and empowered, helping to build a culture that strengthens both individuals and the organization as a whole.



MENTAL HEALTH FIRST AID TRAINING

MHFA Training is eligible for 7.5 PDC for SHRM-CP or SHRM – SCP credential holders

Learn how to support mental health in your community. **Mental Health First Aid training teaches you** how to **recognize** signs of mental health challenges, **respond** with confidence, and **connect people** to the help they need.

This Course Covers

- Common signs and symptoms of mental health challenges.
- Common 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.
- Mental Health First Aid Action Plan (ALGEE)

Event Information

- **Date:** May 18 & 21, 2026
- **Time:** 9:30 pm - 1:00 pm ET
- **Cost:**
 - \$199 pp for NEAP Members
 - \$265 for Non-Members

Note: Attendees must attend both sessions and complete 2 hours of prework to receive the full credit.

Register Online



SHRM RECERTIFICATION COURSE

Empowering HR to Tackle Burnout

Burnout isn't just a buzzword, it's a real challenge impacting employees, teams, and organizational success.

This course is designed to equip HR professionals with:

- Practical tools and strategies to recognize burnout
- Actionable strategies to support employee well-being
- Tools to create a culture of engagement and balance

Get to the root of burnout and learn how to tackle it.

Join us to learn actionable strategies for both your organization and your day-to-day work.

Event Information

- **Date:** May 6, 2026
- **Time:** 12:00 pm ET
- **Cost:** \$29
- **Earn:** 1 SHRM
Recertification Credit



Register Online





APRIL - JUNE 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:**

April

- **Stress Awareness Month:** Equip employees with visible, easy-to-access EAP resources and host brief check-ins or workshops focused on stress management and resilience. [Download the flyer >>](#)



May

- **Mental Health Awareness Month:** Equip employees with visible, easy-to-access EAP resources and host brief check-ins or workshops focused on stress management and resilience. [Download the flyer >>](#)



June

- **Pride Month:** Reinforce an inclusive culture by highlighting EAP resources that support LGBTQ+ employees and their families, ensuring all feel seen and supported. [Download the flyer >>](#)
- **Men's Health Month:** Encourage proactive well-being by sharing EAP tools that support men's mental and physical health, while addressing stigma around seeking help. [Download the flyer >>](#)



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

Visit the [HR Corner](#) on the Member Portal or
Contact the **NEAP Client Success Team** at
clientsuccess@nationaleap.com.

HR CORNER



Stress

April 2026: Stress Awareness Month

WHY IT MATTERS AT WORK

Workplace stress continues to be one of the most significant drivers of burnout, disengagement, and turnover. While some pressure is inevitable, chronic stress can impact productivity, morale, physical health, and psychological safety. HR leaders are uniquely positioned to influence systems, policies, and conversations that shape how stress is experienced across teams.

This month isn't about adding another initiative—it's about reinforcing a culture where wellbeing is integrated into how work gets done every day.

Practical Tips for HR Leaders

- **Normalize stress conversations** - Encourage open dialogue in meetings and one-on-ones.
- **Review workloads** – Adjust deadlines and priorities to reduce chronic stress.
- **Support managers** – Train them to recognize burnout and guide employees to resources.
- **Encourage PTO & benefits use** – Lead by example to reduce stigma around time off.
- **Build in recovery time** – Consider focus blocks, meeting-free days, or wellness breaks.
- **Listen & act** – Collect feedback and implement changes to address stress triggers.

Contact NEAP for Assistance

Contact National EAP for assistance if your organization is looking for additional support in addressing workplace stress, strengthening employee wellbeing, or enhancing manager training and EAP utilization.

www.nationaleap.com



May 2026: Mental Health Awareness Month

TURNING AWARENESS INTO ACTION IN THE WORKPLACE

Mental wellbeing is not separate from workplace performance; it is foundational to it. For HR leaders, this month offers a meaningful opportunity to move beyond awareness campaigns and focus on building systems, cultures, and leadership behaviors that genuinely support employee mental health year-round.

Rather than treating mental health as a once-a-year initiative, consider how it is embedded into everyday practices. HR leaders can play a pivotal role in shaping environments where employees feel safe, supported, and equipped to thrive.

Quick Tips for HR Leaders

- **Lead with openness** – Encourage leaders to normalize conversations about mental health.
- **Equip managers** – Train managers to recognize signs of distress and respond supportively.
- **Promote resources** – Regularly highlight EAP and mental health benefits to reduce stigma.
- **Check workload sustainability** – Reassess expectations and support flexibility where possible.
- **Foster psychological safety** – Create an environment where employees can speak up without fear.

Take Action

HR leaders don't have to navigate mental health support alone.

To strengthen your organization's employee wellbeing strategy, enhance manager training, or increase utilization of support resources, contact NEAP for assistance.

www.nationaleap.com