

**BOOK CLUB
RECOMMENDATION:**

**The Culture Code: The
Secrets of Highly
Successful Groups**

by Daniel Coyle

The Culture Code by Daniel Coyle explores what makes highly successful groups – teams, organizations, and communities – work. Drawing on research and real-world examples, Coyle identifies three key skills that build strong cultures: creating safety (psychological safety and trust), sharing vulnerability to foster cooperation, and establishing purpose through clear goals and meaning. He shows that culture is not accidental—it is built through consistent behaviors and interactions that signal belonging and shared commitment.

This book is especially useful for team members who want to improve collaboration and workplace effectiveness. It's also valuable for those who are looking to strengthen engagement, reduce conflict, and build a more cohesive team.

The Culture Code offers practical insights for supporting healthier workplace dynamics. It can offer insight into how team culture impacts stress, communication, and performance, and provides actionable strategies for improving trust, psychological safety, and connection in the workplace – key drivers of employee well-being and resilience.

[This book is available online for purchase.](#)

**Click Here or
Scan to View on a
Mobile Device >>**

**2026 THRIVE
Educational
Webinar Schedule**



LEAD WITH PURPOSE

Join us for two engaging lunchtime webinars focused on building practical skills to support your growth at work and beyond. These sessions strengthen daily habits, boost productivity, and improve decision-making with greater clarity and confidence.

May Webinar

**The Habit Loop: Rewiring Your Routine
for Success**

Date: Wednesday, May 13, 2026

Time: 12:30 PM – 1:00 PM ET

Explore the science behind habit formation using the Habit Loop framework and learn practical tools to help you take control of your habits to boost productivity.

[Register here](#)



June Webinar

**Choices That Count: Elevating Your
Decision Making at Work**

Date: Tuesday, June 16, 2026

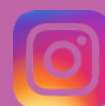
Time: 1:30 PM – 2:00 PM ET

Explore how to strengthen your decision-making skills with clarity, confidence, and intention.

[Register here](#)



Connect With Us On Social



MEMBER RESOURCES

Your go-to destination for growth and support is just a click away! **Exclusively available to our members, the NEAP Member Portal** offers a wealth of resources to help you navigate challenges, achieve your goals, and thrive personally and professionally.

Members have access to:

- **Exclusive Resources:** Access guides, articles, and tools to support your mental health, career, and personal development.
- **On-Demand Seminars:** Learn at your own pace with recorded sessions covering topics like stress management, leadership, and effective communication.
- **Self-Assessments:** Participate in self-guided assessments to better understand your stress levels, communication style, or emotional well-being.

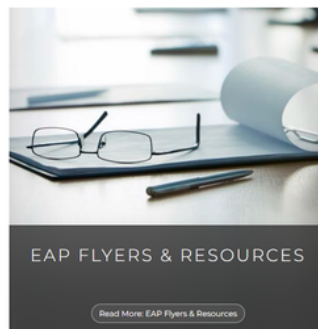
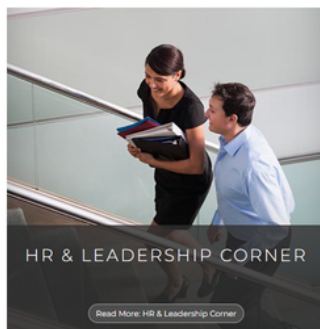
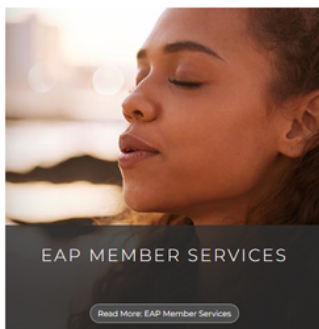
Upcoming On-Demand Online Seminars

- 5/19/26: Smart Money Moves: Strengthen Your Financial Know How
- 6/16/26: Creating Safe Spaces: Supporting LGBTQ+ Inclusion (Pride Month)

Navigating to NEAP EAP Resources

The homepage of the NEAP EAP Member Portal has been updated to enhance your overall experience. While the portal offers a wide range of resources, this refresh ensures that the tools and information most relevant to your EAP services are easier to find.

From the homepage, you'll now see three featured tiles—your gateway to exploring available services, accessing resources to support both professional and personal topics, and registering for upcoming live webinars.



[Log In to the Member Portal >>](#)



Your username and password are your company's name

EMPOWERING RESOURCES

Quarterly Edition: Lifelines Spring 2026 Newsletter



This quarterly publication is designed to **inspire, motivate, and empower** and includes everything you need to recharge and refocus this season.

*Best of all, it's available in both **English and Spanish**, making it more accessible than ever. This issue focuses on:*

- Setting and Achieving Goals
- Performance Management
- Flow and the Self
- What Does Motivation Really Mean?

[DOWNLOAD SPANISH VERSION](#) >>

[DOWNLOAD ENGLISH VERSION](#) >>

NEAP Blog

Life doesn't wait, and neither should support. In NEAP's latest blog, ***The EAP Advantage: Supporting Mental Health in the Moments That Matter***, discover how your EAP can help you navigate stress, challenges, and unexpected moments with confidence and care.

Read the blog and see how your EAP can support you every day.





MENTAL HEALTH AWARENESS WEBINARS

Mental Health at Work: Building Healthier, More Supportive Workplaces

FRIDAY, MAY 1

 12:00 PM EST

Mental health awareness starts with open conversation and supportive environments. During this session, Aoifa O'Donnell, LCSW, NEAP CEO, and Erin McKown, LMSW, Director of Athrú Training Partners, will talk about ways organizations can help normalize mental health at work and build a more supportive culture.



[REGISTER HERE](#)



Practical Everyday Skills to Manage Emotions

TUESDAY, MAY 5

 12:00 PM EST

Learn simple, effective strategies to help navigate everyday emotions with greater confidence. In this session, facilitated by Wysa, you'll explore easy-to-use techniques for managing stress, building resilience, and responding to challenges in a healthy, productive way—both at work and in your personal life.



[REGISTER HERE](#)





MAY 2026: MENTAL HEALTH AWARENESS

Micro-Habits for Better Mental Health

When life feels busy or overwhelming, improving your mental health can seem like one more thing on an already full list. The good news? Small, consistent actions (micro-habits) can make a meaningful difference over time.

Micro-habits are simple behaviors that take just a few minutes but help build resilience, reduce stress, and improve overall wellbeing. Here are a few easy ones to try:

- **Pause and reset:** Take 3–5 slow, deep breaths between meetings or tasks to calm your mind and body.
- **Step away for a moment:** Even a short walk or a few minutes of fresh air can boost your mood and focus.
- **Set a daily boundary:** Log off on time, take your lunch break, or silence notifications after hours.
- **Check in with yourself:** Ask, “What do I need right now?” and respond with intention—whether it’s rest, connection, or a quick break.
- **Reach out:** A quick message or conversation with a colleague, friend, or loved one can provide support and perspective.

These small shifts may seem simple, but over time they can create healthier routines and a stronger sense of balance.

Start small—choose one micro-habit to try today. And remember, your EAP is always here to support you with tools, resources, and guidance whenever you need it.



Need Help?

CALL: 1-800-624-2593

VISIT: www.nationaleap.com/members