

**BOOK CLUB
RECOMMENDATION:**

Start with Why

by Simon Sinek

In *Start With Why*, Simon Sinek explores what sets truly effective leaders and organizations apart: a clear sense of purpose. Rather than focusing first on what we do or how we do it, Sinek emphasizes the importance of understanding why—the deeper mission that drives decisions, shapes culture, and inspires action.

Through engaging examples and practical insights, the book offers a framework for communicating more effectively, strengthening leadership impact, and building trust within teams. It also provides guidance on how to align values with actions—helping organizations foster stronger engagement, resilience, and a more connected workplace culture.

This is a valuable read for leaders looking to foster a more purpose-driven culture, improve employee engagement, and align their teams around a shared mission. It's also a great resource for individuals seeking greater clarity and fulfillment in their day-to-day work.

Get your copy of [this book online](#).

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



**2026 THRIVE
Educational
Webinar Schedule**



LEAD WITH PURPOSE

Strong communication is key to a healthy, productive workplace. This summer, join us for two THRIVE webinars that focus on essential skills to help strengthen relationships and improve everyday interactions at work.

July Webinar

Bold & Balanced: Mastering Assertive Communication at Work

 **Date: Wednesday, July 15th**

 **Time: 12:30 PM – 1:00 PM ET**

Learn how to speak up with confidence and navigate workplace conversations successfully.

 [Register here](#)



August Webinar

The Quiet Superpower: Active Listening

 **Date: Tuesday, August 11th**

 **Time: 1:30 PM – 2:00 PM ET**

Learn practical strategies to stay present and listen with empathy.

 [Register here](#)



Connect With Us On Social



MEMBER RESOURCES

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 & Podcasts

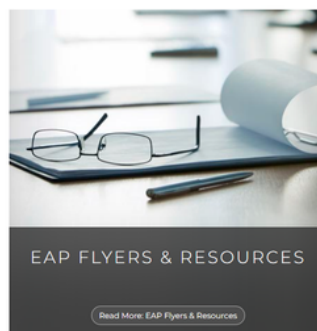
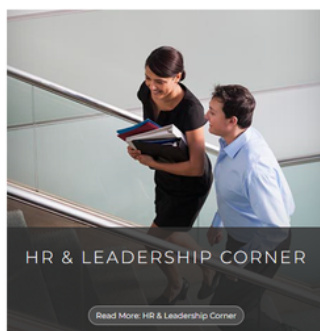
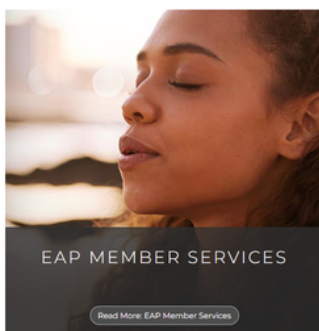
- **7/21/26: Resilience Reset: 5 Ways to Thrive Through Change**
 - Learn proven techniques to manage competing demands and maintain balance without burnout.
- **8/18/26: Connected Not Consumed: Digital Wellness Strategies**
 - Set clear boundaries with technology to enhance focus, wellbeing, and meaningful connections.

Navigating to NEAP EAP Member Portal

The homepage of the NEAP EAP Member Portal offers a wide range of resources relevant to the EAP services members can access.

Visit the NEAP EAP Member Portal to Explore:

- **EAP Member Services:** Learn about the services available to you and your household members
- **HR & Leadership Corner:** Learn about services available to your whole organization.
- **EAP Flyers & Resources:** Download topical flyers, learn about upcoming webinars, and access tools



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



Your username and password are your company's name



EMPOWERING RESOURCES

Digital Detox Strategies: Simple Ways to Reset and Refocus

While technology helps us stay productive, constant screen time can also lead to fatigue, stress, and reduced focus. A digital detox isn't about disconnecting completely—it's about creating healthier boundaries with technology.

Here are a few strategies to help you reset during the workday:

Set tech boundaries.

Turn off non-essential notifications after work hours and avoid checking email during meals or personal breaks. Even small boundaries help your mind recharge.

Take regular screen breaks.

Follow the 20–20–20 rule: every 20 minutes, look at something 20 feet away for 20 seconds. This helps reduce eye strain and mental fatigue.

Protect focus time.

Block time on your calendar for uninterrupted work. Silence notifications and limit multitasking during these periods to improve productivity.

Create device-free moments.

Step away from screens during lunch, take a short walk without your phone, or start your morning without immediately checking messages.

Declutter your digital space.

Unsubscribe from unnecessary emails, organize files, and turn off non-essential alerts to reduce digital noise.

NEAP Blog

As the days grow longer and routines shift, summer presents the perfect opportunity to reset and refocus on your well-being.

Our latest blog, Summer Self-Care: How to Make Time for Your Mental Health, highlights the importance of prioritizing your mental health during the summer and offers a few intentional changes you can take to reduce stress, improve balance, and build habits that support your well-being. [**Read the blog today >>**](#)





JULY 2026:

DISABILITY PRIDE MONTH

Celebrating identity. Advancing inclusion. Supporting one another.

Disability Pride Month honors the history, experiences, and contributions of people with disabilities. It's also a reminder that disability is a natural part of human diversity—and that every workplace benefits when people feel respected, included, and able to participate fully.

Why it matters at work

In the workplace, inclusion is shaped by everyday actions. Disability Pride Month encourages us to think about how we support colleagues of all abilities—whether disabilities are visible or invisible—and how we can help remove barriers that limit access, participation, or connection.

How you can support colleagues

Small, intentional actions can make a meaningful difference:

- Be mindful of accessibility in meetings, communications, and shared spaces
- Listen, ask respectfully, and avoid assumptions about what someone can or cannot do
- Use inclusive language and model respectful behavior for others
- Be open to flexibility and accommodations without judgment
- Support a culture where colleagues feel safe to speak up about needs


Inclusion is not a single initiative—it's something built through daily interactions.


Support is always available

At NEAP, confidential support and resources are available to you and your family whenever needed. 24/7 access to EAP support ensures help is always available.

Contact NEAP for Support

 **Call** National EAP at 800-624-2593

 **Visit** nationaleap.com/contact to submit your request online

 **Complete** the [Online EAP Intake Form](#)

