

EXECUTIVE EDGE

Q3 2026 Newsletter

LATEST BLOG:

Summer Self-Care: How to Make Time for Your Mental Health

As summer brings longer days and shifting routines, it can still be easy to put self-care on the back burner. In our latest blog, **Summer Self-Care: How to Make Time for Your Mental Health**, we share simple, practical ways to slow down, recharge, and create space for yourself—even in the midst of busy schedules and summer activities. Learn how small, intentional habits can support your mental health all season long.

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



UPCOMING WEBINARS:

Suicide Awareness Month: Recognizing Warning Signs and Providing Support

THURSDAY, SEPTEMBER 10 | 12:00 PM EST

In honor of **Suicide Awareness Month**, join us for a 45-minute webinar designed to equip both managers and employees with the knowledge and confidence to recognize potential warning signs of suicide risk and respond in a safe, compassionate, and effective way.

[Register Online >>](#)



Tips to Build Healthy Habits and Help Protect Your Brain

THURSDAY, SEPTEMBER 24 | 12:00 PM EST

Join us to learn about healthy habits for your brain, like exercising and eating right; the brain-heart connection; and why brain health is important at all ages.

[Register Online >>](#)



alzheimer's  association®

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THE NEAP AMBASSADOR PROGRAM

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. In this issue, we spotlight NEAP Ambassadors who continue to make a difference in their organization and community.

Feature Ambassadors

Christine Smith | Dominican Village



Christine Smith is the Vice President of Human Resources at Dominican Village, bringing more than 21 years of experience in long-term and sub-acute care. In an environment where employees care for older adults in independent and assisted living, Christine understands the importance of supporting those who dedicate themselves to caring for others. She believes organizations thrive when they invest in the physical, mental, and emotional wellbeing of their employees.



Christine is passionate about fostering a culture built on active listening, communication, and compassion. She ensures leaders are equipped to connect employees and their families with the right resources while promoting inclusion through recognition and engagement. Through her leadership, she demonstrates that choosing support over discipline builds stronger teams and healthier workplaces.

Maggie Smith | Home Care Delivered



Maggie Smith is the Vice President of Human Resources at Home Care Delivered, a leading provider of home-delivered medical supplies that helps individuals with chronic conditions receive the products they need with convenience, dignity, and quality care. Supporting a growing organization of approximately 260 employees, Maggie is focused on strengthening people practices that bring structure, accountability, and consistency to a fast-paced, service-driven environment. A key priority is equipping leaders with the skills to lead with clarity, empathy, and accountability—creating an environment where both employees and the organization can thrive.



Maggie believes wellbeing shouldn't exist as a standalone initiative—it should be embedded into how organizations operate every day. Through leadership development, communication, recognition, and accessible support resources, she is helping build a culture where wellbeing is integrated into leadership, not treated as a standalone benefit. Maggie values its proactive, holistic approach that goes beyond traditional Employee Assistance Programs. She sees NEAP as a trusted partner in helping organizations move beyond reactive support by empowering leaders, strengthening workplace culture, and providing practical tools that drive both employee wellbeing and business success.

THE NEAP AMBASSADOR PROGRAM

Feature Ambassadors

Jenna Rocks | Life's WORC



Jenna Rocks is Benefits Director at Life's WORC, a nonprofit organization supporting individuals with developmental disabilities through residential, day, and community-based services. In her role, Jenna leads benefits and wellness strategy for a dedicated workforce of frontline caregivers, with a strong focus on making benefits accessible, meaningful, and human-centered.

She is passionate about helping employees become informed consumers of their benefits while fostering a culture of awareness, support, and connection. Through Life's WORC's wellness program, Jenna helps coordinate monthly newsletters, wellness activities such as guided meditation, yoga, and webinars, and an annual wellness fair featuring vendors, biometric screenings, and preventative health services.

Jenna believes in “remembering the human in Human Resources,” and finds the greatest meaning in supporting employees during vulnerable moments by providing clarity, guidance, and care. She continues to elevate awareness of the importance of employee wellbeing in nonprofit and frontline environments, and highlight the vital role HR plays in supporting those who dedicate their work to caring for others.

Aimée Soteriou | Michaelis Boyd, Inc.



Aimée Soteriou is Partner in Finance and Operations at Michaelis Boyd, a New York and London-based interior design and architectural practice recognized for its contemporary, sustainable approach to residential and hospitality projects. Within a small but highly creative and fast-paced team, Aimée plays a key role in both operational leadership and finance, while also taking responsibility for shaping and supporting employee wellbeing across the organization.

At Michaelis Boyd, Aimée helps embed wellbeing into the fabric of how the business operates—through clear policies, thoughtful structure, and strong day-to-day relationships with staff. She is focused on creating an environment where employees feel supported early, communication is open, and care for people is reflected in how the organization is led, not just in formal programs.

Aimée values NEAP for enabling smaller organizations to deliver meaningful, high-quality employee support without requiring extensive internal HR infrastructure. She sees NEAP as a practical and accessible partner that helps bring consistency and depth of support to teams that might otherwise struggle to provide it at scale.

MICHAELIS
BOYD .

THE NEW PROFESSIONAL PLAYBOOK



Practical Skills for Early Career Success

Give emerging professionals the tools, confidence, and skills to thrive in today's workplace.

Starting a new career comes with challenges. From communication and time management to navigating workplace expectations, many early-career professionals are expected to succeed without being taught the skills they need.

This 4-week interactive development series helps early-career professionals build essential workplace skills through practical tools, real-world scenarios, and guided discussions.

Who Should Attend?

- Professionals in their first 0–3 years of their career
- Recent graduates
- Employees entering their first professional role
- Managers supporting emerging talent

Participants will learn how to:

- ✓ Communicate with confidence
- ✓ Manage priorities effectively
- ✓ Navigate workplace expectations
- ✓ Think critically and solve problems
- ✓ Contribute with greater independence

Program Session Options:

Session 1:

08/04/26
08/11/26
08/18/26
08/25/26

Session 2:

10/20/26
10/27/26
11/03/26
11/10/26

Cost:

NEAP Members: \$325

Non-NEAP Members: \$360

Register Online

[Session 1
Registration >>](#)



[Session 2
Registration >>](#)



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

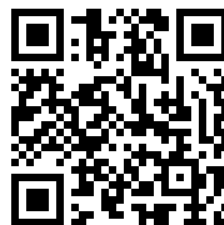
- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.
- Mental Health First Aid Action Plan (ALGEE)

Event Information

- **Dates:** July 22 & 29, 2026
- **Time:** 1:00 pm - 4:30 pm ET
- **Cost:**
 - \$139 (reg. \$199) for NEAP Members
 - \$185 (reg. \$265) for Non-Members

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

**Register
Online**



EMPLOYERS: POWER UP YOUR WELLNESS OFFERING WITH **BRAIN HEALTH AT WORK™**

Brain Health At Work, a no-cost program by the Alzheimer's Association, helps employers:

- Create brain-healthy workplaces
- Reduce employee risk of cognitive decline
- Support employees who are caregivers



BRAIN HEALTH BY THE NUMBERS:



Over two-thirds of U.S. adults have at least one risk factor for cognitive decline.¹

74%

believe that people can improve their brain health.²

86%

are interested in learning more about improving their brain health.²

RISK REDUCTION FOR ALL

Evidence shows that addressing specific modifiable risk factors and promoting healthy behaviors can improve brain health.

PROTECT HEALTHY BRAINS AT WORK

Building brain-healthy habits helps employees live better now and protects their memory and thinking for the future.

START YOUR BRAIN HEALTH AT WORK JOURNEY TODAY

Step 1

Complete the
Organization Assessment



See how your organization supports brain health today and compare your score with other organizations.

Step 2

Access a Tailored
Resource Toolkit



Use the provided communication tips and templates to share brain health and caregiver resources with your employees.

Step 3

Celebrate
Your Recognition



Use the recognition toolkit to showcase your organization's commitment to creating a brain-healthy workplace.

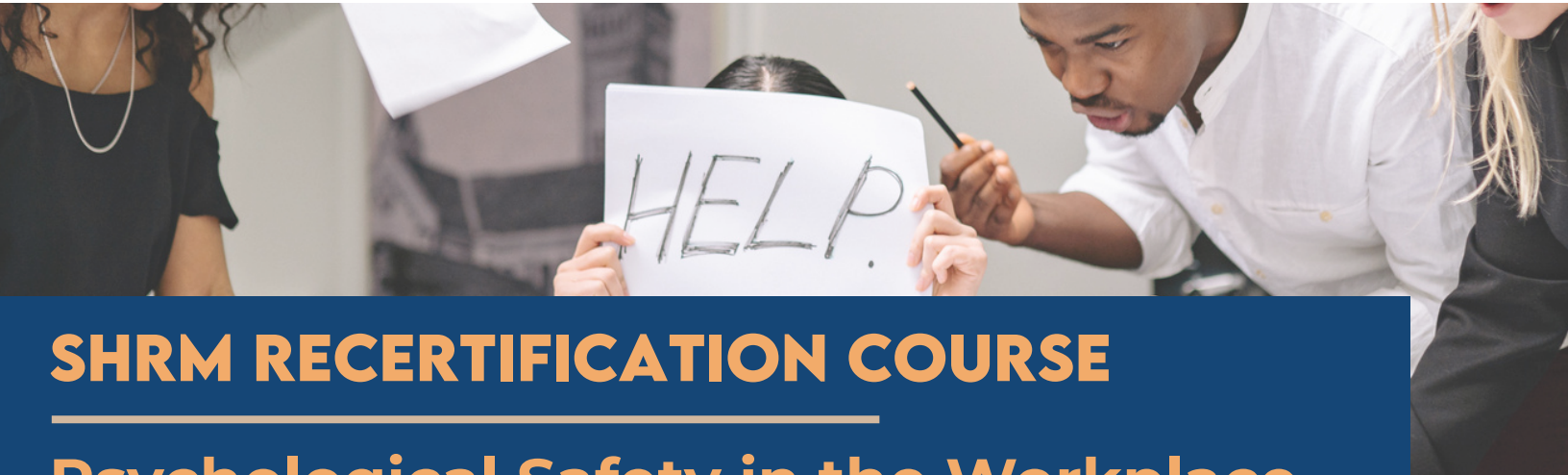
Step 4

Continue Your
Commitment



Retake the assessment each year to track progress and plan improvements to employee brain health offerings and caregiver support.





SHRM RECERTIFICATION COURSE

Psychological Safety in the Workplace

Building a culture of psychological safety is key to strengthening both team performance and employee well-being.

In this session, HR professionals and leaders will:

- Explore practical ways to foster trust
- Encourage inclusive dialogue,
- Address microaggressions and unconscious bias in the workplace.

Participants will walk away with actionable strategies to create more open, respectful, and high-performing teams.

Register today to secure your spot and learn how to build a more psychologically safe workplace.

Event Information

- **Date:** August 5, 2026
- **Time:** 12:00 pm ET
- **Cost:** \$19
- **Earn:** 1 SHRM
Recertification Credit



Register Online





JULY - SEPTEMBER 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:**

July

- **Disability Pride Month:** Promote an inclusive workplace by raising awareness of disability experiences, encouraging respectful dialogue, and ensuring employees understand available accommodations and support resources. [Download the flyer to share >>](#)



August

- **National Wellness Month:** Encourage employees to prioritize their wellbeing by sharing wellness resources, promoting healthy work-life balance, and supporting participation in activities that enhance physical and mental health. [Download the flyer to share >>](#)



September

- **Suicide Prevention Awareness Month:** Foster a culture of care by educating employees on warning signs, sharing crisis and EAP resources, and encouraging open conversations about mental health and support. [Download the flyer to share >>](#)
- **Recovery Awareness Month:** Support employees impacted by substance use and recovery by reducing stigma, promoting available resources, and reinforcing that recovery is possible with the right support and treatment. [Download the flyer to share >>](#)



**Interested in Resources Related
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

