

BOOK CLUB RECOMMENDATION:

Radical Candor

by Kim Scott

In *Radical Candor*, Kim Scott explores how leaders can build stronger relationships and create healthier workplace cultures by balancing honesty with empathy. The book introduces a practical approach to giving feedback, having meaningful conversations, and addressing challenges directly while still showing care and respect for others.

Through real-world examples and actionable strategies, *Radical Candor* offers guidance on becoming a more effective communicator, building trust within teams, and creating an environment where people feel supported, valued, and empowered to grow.

This book is a valuable resource for anyone looking to strengthen communication and workplace relationships. It's especially helpful for managers and leaders who want to improve feedback, navigate difficult conversations, and build a culture of trust and accountability. It's also a great read for employees who want to enhance collaboration and contribute to a more positive workplace.

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

[Click Here or
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Mobile Device >>](#)



2026 THRIVE Educational Webinar Schedule



LEAD WITH PURPOSE

Strong communication is key to a healthy, productive workplace. Join us for two THRIVE webinars that provide practical strategies you can apply right away to improve workplace communication and connection.

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](#)



September Webinar

Clear the Air: Resolving Conflict with Confidence

 **Date: Wednesday, September 16th**

 **Time: 12:30 PM – 1:00 PM ET**

Learn practical tools to approach workplace conflict with clarity, composure, and confidence.

 [Register here](#)



Connect With Us On Social



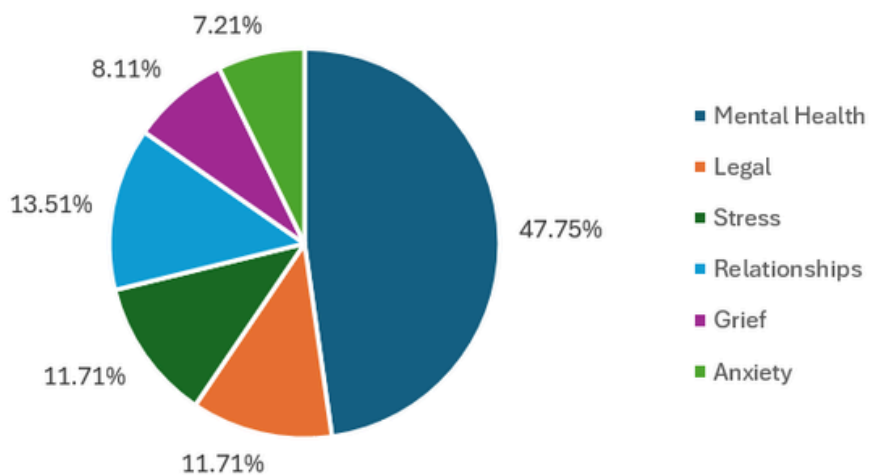
INSIGHTS FROM THE NEAP CLIENT SERVICES TEAM

Summer 2026 Support Trends from NEAP

Since June 2026, NEAP has seen members reach out for support across a variety of personal and workplace-related concerns.

These trends highlight the importance of having confidential resources available when life feels overwhelming.

NEAP Support Trends
June - July 2026



Top Reasons Members Reached Out

Mental Health Support Remains a Leading Need

Whether managing anxiety, navigating life changes, or improving emotional well-being, members turned to NEAP for confidential support and guidance.

Relationships & Family Transitions

Members sought support for relationship challenges, couples counseling, and strengthening communication with loved ones.

Legal & Life Management Concerns

Legal consultations helped members navigate important decisions, reduce uncertainty, and find trusted resources.

Grief, Loss & Major Life Changes

Members experiencing loss or significant life changes reached out for compassionate support and coping strategies.

Remember: Support Is Available When You Need It

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

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

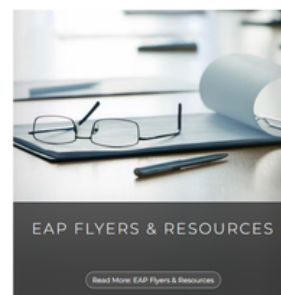
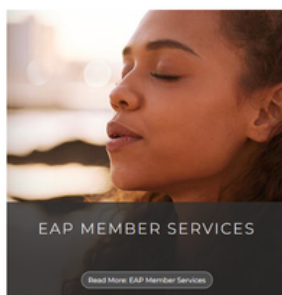
 **Complete** the [Online EAP Intake Form](#)



MEMBER RESOURCES

Navigating to NEAP EAP Member Portal

Visit the **NEAP EAP Member Portal** to explore **Legal and Financial Services** available for you and your entire household!



Check them out by:

1. Clicking on "EAP Member Services"
2. Selecting "Work/Life Services"
3. Select the service you're interested in and contact NEAP for:
 - a. FREE 30-minute Legal Consultation
 - b. FREE 30-minute Financial Consultation
 - c. FREE 60-minute Identity Theft Consultation
 - d. Housing, Elder, and Child Care Referrals and Resources

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



*Your username and password
are your company's name*

Upcoming On-Demand Online Seminars & Podcasts

- **8/18/26: Connected Not Consumed: Digital Wellness Strategies**
 - Set clear boundaries with technology to enhance focus, wellbeing, and meaningful connections.
- **9/10/26: Preventing Tragedy: Empowering Supportive Conversations**
 - To drive awareness of World Suicide Day, this webinar was created to raise awareness and learn supportive actions to help save lives.



YOUR WELLBEING RESOURCE

From Summer Break to School Year: Easing the Transition for the Whole Family

The back-to-school season brings new beginnings, but it can also bring stress and uncertainty for the whole family. New routines, schedules, teachers, and responsibilities can feel overwhelming as children adjust and parents manage the demands of a busy season. **Supporting children** through transitions starts with **creating a sense of stability and connection**.

Strategies to Help Kids Navigate Transitions:

- **Create routines:** Consistent morning and bedtime routines provide comfort and predictability.
- **Encourage conversations:** Give children space to share worries, excitement, and questions.
- **Offer choices:** Help children feel empowered by focusing on what they can control.
- **Stay connected:** Make time for family check-ins and meaningful conversations.
- **Celebrate progress:** Recognize small successes as children adjust.

Back-to-school transitions **can be stressful for parents too**. Balancing school schedules, work, activities, and family responsibilities can quickly become overwhelming. Taking care of your own well-being helps you better support your family.

Consider these strategies:

- **Plan ahead:** Use calendars and schedules to stay organized.
- **Set realistic expectations:** Give yourself and your family time to adjust.
- **Make time for self-care:** Small moments to recharge can make a big difference.
- **Ask for support:** Reach out to family, friends, or available resources when needed.
- **Stay flexible:** Adjust routines as your family finds its new rhythm.

This is the time to strengthen communication, build resilience, and create healthy family routines. **If you are in need of assistance, National EAP is here to support you.**

Contact us at: www.nationaleap.com/contact



AUGUST 2026:

NATIONAL WELLNESS MONTH

Prioritizing well-being. Building healthier habits. Supporting one another.

National Wellness Month is a reminder to make our overall well-being a priority—not just during times of stress, but as part of our everyday lives. Wellness is about more than physical health; it includes our mental, emotional, financial, social, and overall quality of life.

Why it matters at work

Workplace well-being plays an important role in how we show up each day. When employees have the tools and support, they need to care for themselves, they are better able to manage stress, maintain balance, build stronger connections, and thrive both personally and professionally.

How you can support colleagues

Creating a culture of wellness starts with everyday actions:

- Take time to prioritize your own physical and mental well-being
- Encourage healthy boundaries and respect time away from work
- Check in with colleagues and offer support when needed
- Practice healthy habits that promote balance and resilience
- Take advantage of available resources and support services

Wellness looks different for everyone. Supporting one another means recognizing individual needs and creating an environment where everyone feels encouraged to care for themselves.

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

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