



Employee Assistance Program

A RESILIENT RETURN TO THE WORKPLACE

Overview: More and more people are adjusting once again to a new way of working, as organizations transition to a hybrid working world. After a year of adapting to different temporary realities, it is important that staff feel equipped with the knowledge and insight to maintain levels of resilience and move forward with hope. This is particularly important as workers begin to reconnect with their colleagues after a prolonged time working in a geographically dispersed way.

This short vlog will help explore ways to embrace the future and ways to reflect on lessons from the past year to adjust to the changing present, while also normalizing typical responses to returning to the workplace.

Please click on the following link and register to view the recording: [A Resilient Return to the Workplace](#)

Available any time, any day, your Employee Assistance Program can provide free, confidential support on this topic, as well as any issue that matters to you and your family.

TOLLFREE: 1.800.424.1749

WEBSITE: www.EAPHelplink.com

COMPANY CODE: USNH

Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best.

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