August 2024 DID YOU HEAR ME? ACTIVE LISTENING AS A KEY TO SUCESS HelpNet webingr

You know the feeling-someone is talking to you, and you're already formulating what you're going to say in response. Or perhaps you heard the words they said but not the deeper meaning behind them. Miscommunication can lead to all sorts of problems and is one of the biggest challenges in relationships. During this fun and fast-paced session, we'll provide you with some tweaks and tips for active listening that will help you to thrive at work and in your personal life.

AVAILABLE ON DEMAND STARTING August 1

To access Continuum's HelpNet, visit 4continuum.com and complete the member login at the top of the page. From HelpNet's home page, click the featured webinar of the month.

Available when you need us, Continuum EAP is a free, confidential program to help you balance your work, family and personal life.





- 402.476.0186|800.755.7636
- 4continuum.com
- easpecialist@4continuum.com





