



Kansas City

NEW DIRECTIONS®



Free live webinars Part of your Employee Assistance Program (EAP)

2020 SCHEDULE

Learning can boost self-confidence, build purpose and help connect you with others. But finding the time for personal and professional development can be tough. Your Employee Assistance Program (EAP) makes this easier by offering chances to grow your mindset each month. Live and pre-recorded webinars focus on topics that can help you feel productive and think differently about life at home or at work. Join us! They're free and fun.

FOR ALL EMPLOYEES | 2020 Sessions at 12 PM – 1 PM & 3 PM – 4 PM ET

Cultivating Happiness Within Yourself 2/19/20

Ever wonder how the principle of happiness works? Start believing that your happiness is more connected to you and your behaviors more than any other circumstances. Learn simple yet powerful tips and start learning how to cultivate happiness within yourself.

Taking the High Road: Kindness and Civility 3/25/20

We all want to come to work and be treated with kindness and respect. A kind workplace leads to reduced stress, increase morale, and better business outcomes. Discover methods of strengthening your civility muscle to enhance your level of kindness and respect in interpersonal relationships.

Strategies to Manage Frustration and Anger 4/22/20

Everyone has experienced frustration or anger at some point in their life. While these emotions are natural, sometimes our reactions can be unhealthy or hurtful to ourselves and others. Understand the true cost of ongoing frustration and anger, and find out how best to express these emotions.

Fundamentals of Mental Health 5/20/20

Mental health is an integral component of overall functioning and wellness. How strong is your mental health? Learn about the fundamentals of mental health, along with proven methods for enhancing your mental health.

The Importance of an LGBTQIA+ Inclusive Workplace 6/24/20

All employees deserve to be treated with respect, and included in the workplace. This is especially true when considering LGBTQIA+ individuals. Developing strategies to understand and respect diversity in coworkers will be addressed.

Managing Chronic Pain 7/22/20

Those who experience chronic pain are acutely aware of the impact it has on their daily lives. People are often seeking ways to mitigate or manage their chronic pain. Develop awareness of the dynamics of chronic pain, and consider management options such as mindfulness and cognitive restructuring.

Combating Perfectionism 8/26/20

Life can be a high-pressure environment filled with even higher expectations. While holding yourself to high expectations can lead to success and fulfillment, it can also have a negative impact in the form of perfectionism. Learn about the true nature of perfectionism, why it's so popular, and how to develop immunity to perfectionism in your life.

Coping with Loss in Life 9/23/20

All human beings are impacted by loss and grief, which can be a scary and painful time. Understanding what you and others experience when grieving will be discussed, along with coping resources to utilize during times of loss.

Organization for Life 10/28/20

Is your motto "organized chaos"? If you crave organization but struggle to achieve it, this training will equip you with practical tips to overhaul your organization skills.

Waving Worry Goodbye: Strategies to Manage Anxiety 11/18/20

Anxiety can be an occasional visitor, or a long-term guest. Research shows that most anxiety is best managed with behavior intervention. This training will empower individuals to assess their personal anxiety and integrate specific behavior practices to increase relaxation and calm.

Embracing You: The Power of Acceptance 12/16/20

We can often be the most critical of ourselves, which can impact our mental and even physical health in the long run. Accepting ourselves, others and situations encourages a healthy heart and mindset. Discover how to embrace you as you, and the value of acceptance in daily living.

1. Log in to www.ndbh.com/YourEAP:

WELCOME TO NEW DIRECTIONS EMPLOYEE ASSISTANCE

Use the membership information on your card to log into the employee assistance program members area.

Member Log In

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2. Click on "Register for Live Webinars" on the right-side navigation

