

EAP WELLNESS WEBCASTS ACCESS INSTRUCTIONS

EAP Wellness Seminars and Management Trainings

Your EAP presents wellness seminars and management trainings via national webcast. The live and on-demand replay webcasts include both visual and audio – no dial-in needed. You can access and view on a computer, laptop, smartphone, and some tablets.

Access live and on-demand webcasts at: www.Cigna.com/EAPWebcasts

Log in to enter into the seminar portal.

Locate the **LIVE** webcast you're interested in. Upcoming live webcasts are listed first on the portal.

Click on the "Register/Attend" button to be registered for the upcoming live webcast or to attend the presentation at the appointed date and time.

To view an **ON-DEMAND** replay webcast, you can either scroll down and browse the on-demand section or click on a general topic to browse that specific section. Click the "Register/Attend" button and the webcast will begin.

REAL SUPPORT FOR REAL LIFE
Cigna Employee Assistance Program

We can all face challenges as we try to reduce stress, find balance, and be our best selves at work and in our personal lives. These wellness seminars and management trainings can help. Sign up for an upcoming live webcast listed below using the easy one-click registration. Or listen to an on-demand replay webcast whenever it's convenient for you.

ON-DEMAND REPLAYS

- Emotional well-being
- Family matters
- Financial health
- Health & wellness
- Management trainings
- Personal development
- Stress management
- Workplace topics
- Español

ON-DEMAND REPLAYS: Personal development

- EFFECTIVE COMMUNICATION STRATEGIES
- FINDING YOUR DRIVE
- THE POWER OF AUTHENTICITY

Materials for download

- Presentations
- Handouts

Ask a Question

THE POWER OF AUTHENTICITY

Presented by Cigna Employee Assistance Program

Together, all the way.™

Presentation slides and handouts are available for download on the left side of the player.

Questions can be submitted prior to and during the live presentation.

A certificate of attendance is available. Viewers must click "yes" when prompted during the seminar and submit the post survey. The certificate PDF is sent via email once the webcast concludes.