



## e-Learning Resources

Your EAP benefit offers online access to professional interactive training courses and self-help tools, along with other work/life resources to promote personal and professional development.



- Expand your knowledge base by accessing a wide variety of virtual and interactive e-Learning resources.



- Your web portal contains hundreds of tools for personal and professional development including e-Learning courses that are available in English and Spanish.



- e-Learning programs include topics like wellness, conflict resolution, public speaking, effective communication, maintaining a positive attitude, time management, and much more.

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**Available to you and your eligible family members!**

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