



Real Support for Real Life

Brought to you by your Employee Assistance Program

Emotional Fitness: Embracing Empathy

Research shows that empathy can make us kinder and more compassionate, lead to strong relationships, and even help us to manage our emotions and be more resilient. Join us to review strategies that can help you develop your empathy skills. We'll cover ways to cultivate an empathetic mindset and practice communicating with empathy.

Wednesday, April 17, 2024
2 pm ET / 1 pm CT / 11 am PT

Log in to register for this seminar at:

www.Cigna.com/EAPWebcasts

To view on-demand replay: Click the above link. When you log into the Wellness Webcast portal, you can choose to attend this seminar, register for upcoming seminars, or attend other on-demand seminars.

A Certificate of Attendance is available for this presentation.

On-demand replay will be available starting 2 hours after the live presentation.

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