



Real Support for Real Life

Brought to you by your Employee Assistance Program

EQ and You: Connect for Success

Being mindful of our emotions and how they impact those around us, otherwise known as emotional intelligence (EQ), is an often-overlooked tool on the path to success. Learn how EQ can help you understand and manage emotions thoughtfully and calmly and apply these skills to managing relationships and conflict with your coworkers, too.

Wednesday, June 4, 2025
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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