



# Real Support for Real Life

Brought to you by your Employee Assistance Program

## Celebrating Diversity: The Power of Authenticity

Being our authentic selves can be challenging, especially in places where we feel pressure to “fit in.” But it’s a valuable goal that can help us live fuller lives and support more inclusive spaces. Join us to explore what it means to be the “true you” and what can get in the way. Learn how to develop your authenticity and support that of others.

**Wednesday, June 18, 2025**  
**2 pm ET / 1 pm CT / 11 am PT**

**Log in to register for this seminar at:**

[www.Cigna.com/EAPWebcasts](https://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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