



Examining Relationships: Healthy vs. Unhealthy



Employee Resource Systems, Inc.

December

Visit your home page starting December 17th and look for the SEMINAR link in the middle of the page.

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WE ARE HERE TO HELP.**

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ONLINE SEMINAR

Stronger relationships in the workplace typically means more collaboration, happier co-workers, higher productivity, and less burnout. However, when workplace relationships are unhealthy, it could mean the opposite. Bullying in the workplace is not okay, but receiving legitimate feedback or a disciplinary action is. Building strong relationships, whether they are family or romantic, friend or professional, can have a positive impact on your life.

This session helps participants identify the characteristics of healthy and unhealthy relationships and what kind of relationships to avoid.

Available anytime, any day, your Employee/User Assistance Program is a free, confidential program to help you balance your work, family, and personal life.