

Join us on Wednesdays! Virtual EAP Wellness Workshops for Employees and Users

All Wellness Live Virtual Workshops will be held on Wednesdays at 11:30 a.m. Viewing with Q&A moderated by Nick Corne, EAP/ERS Counselor, and facilitated by Lucy Ontiveros, Wellness Office

Employee Resources Systems (ERS) Employee Assistance Program (EAP)

ALL WELLNESS LIVE VIRTUAL WORKSHOPS WILL BE HELD ON WEDNESDAYS AT 11:30AM

Workshop Title	Live Viewing with Q&A Moderated by Nick Corne, EAP Counselor
Grace over Goals; Resolutions in the Pandemic	Wednesday, February 17 – 11:30 a.m.
2021 has been long awaited - and many of us have big hopes and goals for 2021. Join us to discuss how to set up goals that make sense for you, in your current circumstances and that give you an element of grace to ensure that your self-care is as important as your goal attainment!	Join Zoom Meeting: https://fnal.zoom.us/j/96162749837?pwd=MnlKVkZlNmZmZWJOUUthMUduTG5WZz09 Meeting ID: 961 6274 9837 Passcode: 074003 One tap mobile+13126266799,, 96162749837#,,,,*074003# US (Chicago)+16465588656,,96162749837#,,,,*074003# or view On-demand recording available at the employee's convenience.
Helping College Students Thrive in the New Normal	Wednesday, March-3 – 11:30 a.m.
The pandemic, as well as other national events, have left college students with numerous challenges, and not living the carefree life they may have expected. We will discuss how you can help your student to get the most out of their educational and social experience, despite the challenges.	Join Zoom Meeting https://fnal.zoom.us/j/92123252791?pwd=UVd0d0JlVVRHN1BmQk1VUDJXUnpHQT09 Meeting ID: 921 2325 2791 Passcode: 987982 One tap mobile+13126266799,, 92123252791#,,,,*987982# US (Chicago) or view On-demand recording available at the employee's convenience
Leading During Uncertainty	Wednesday, March- 17 – 11:30 a.m.
As the pandemic continues, and life is challenging, we will discuss key differences in effective leadership modalities	Join Zoom Meeting https://fnal.zoom.us/j/96002319754?pwd=WnFIRDh4a2xneEluZTZFdTJpRmNHQT09 Meeting ID: 960 0231 9754 Passcode: 871000 One tap mobile +13126266799,, 96002319754#,,,,*871000# US (Chicago) or view On-demand recording available at the employee's convenience.
BIAS is a Four-Letter Word	Wednesday, March 31 -11:30 a.m.
We all have biases, but so often we don't even realize them. In this session we will explore the scientific nature of bias, and how to begin to consciously overcome your biases.	Join Zoom Meeting https://fnal.zoom.us/j/98567089921?pwd=bkxtZ1l0bzF1T0FkZllvSFVtYt2UT09 Meeting ID: 985 6708 9921 Passcode: 614811 One tap mobile+13126266799,, 98567089921#,,,,*614811# US (Chicago) or view On-demand recording available at the employee's convenience.

Employee Resources Systems (ERS) Employee Assistance Program (EAP) an AllOne Health Company

Fermilab's EAP counselor: Nick Corne, phone: (630) 840-3591 email: ncorne@ers-eap.com

- Employees may access EAP services through ERS either via phone (800)292-2780 or online at: www.mylifeexpert.com
- **EAP/MyLifeExpert On-demand events (require EAP login).** #1.-Click "Create a new account with your company code". #2.-Enter your company access code: **Fermilab** #3.-Follow the instructions in the activation email.
- **EAP/AllOneHealth** On-demand events go to <https://allonehealth.com/>, Blog.

Visit **Fermilab Wellness** for more information on Wellness events.