

# National EAP NEWSLETTER

October 2024

the art  
of  
ex-plan-ation

How to Communicate  
with Clarity and Confidence

ROS ATKINS

## NEAP BOOK CLUB RECOMMENDATION

**The Art of Explanation: How to  
Communicate with Clarity and  
Confidence**

by Ros Atkins

The Art of Explanation by Ros Atkins is an essential read for anyone looking to enhance their communication skills. In this book, Atkins, a seasoned BBC journalist and presenter, shares practical strategies to help readers explain ideas with clarity and confidence.

This book is especially relevant for National EAP members, who often engage in conversations that require both empathy and precision. Whether guiding a colleague through a challenging situation, presenting a new initiative to your team, or improving everyday interactions, Atkins' insights are invaluable.

This book is an excellent resource for mastering audience awareness, crafting impactful messages, and using clear, persuasive language. By applying these principles, you'll enhance your ability to connect with others, build trust, and foster productive dialogues—skills that are crucial for strengthening both individual and team effectiveness.

The Art of Explanation is a valuable tool for anyone looking to elevate their communication, making it an essential addition to your professional library.

For More Information:

[CLICK HERE](#)



## THRIVE WEBINAR EVENT



### **Disconnect to Reconnect: The Power of a Digital Detox**

In today's hyperconnected world, the constant stream of digital notifications and the pressure to be online 24/7 can feel overwhelming. If you're looking to break free from the digital whirlwind and reclaim your time, join National EAP on **October 15th at 12pm EST** for this month's THRIVE webinar.

During this session, we'll dive into effective strategies and tools to help you create a healthier, more balanced relationship with technology, so you can regain control and find more peace in your daily life

To Register

[CLICK HERE](#)



[CLICK HERE](#)

**TO WATCH ALL  
PREVIOUS THRIVE  
WEBINARS**

# BREAST CANCER AWARENESS RESOURCES & WEBINAR

Breast Cancer Awareness month is a time of year where we celebrate survivors, support those affected by breast cancer, and inspire people to learn about early detection.

It is important for individuals to have regular breast cancer screening as part of their health check-ups. Early detection of cancerous cells can help ensure successful treatments.

## Let National EAP help!

Whether you need resources, guidance, or emotional support, let us help you prioritize your health and well-being. Together, we can make a difference.

In addition, National EAP also offers self-supports online via our Member Portal and our mindfulness app.

## Links to Articles that can help

- [Mayo Clinic: Breast cancer types: What your type means](#)
- [Mayo Clinic: Dense breast tissue: What it means to have dense breasts](#)
- [Susan G. Komen Foundation](#)
- [CDC - Screening for Breast Cancer](#)
- [NBCF - Hope Kits](#)

Looking for additional resource links?

[CLICK HERE](#) To log into your member portal using your Company Name as the Username and Password.

## National EAP will be hosting a live Webinar event, hosted by Pure Mammography on October 10, 2024 at 12 EST

### Clarifying Breast Cancer Screenings: What to Expect and How to Understand Your Results

This event is designed to provide crucial information on breast cancer screening, making it accessible and understandable for all. Our expert host will guide you through the basics, including what happens during a screening, what to expect, and how to interpret the results—highlighting the differences between normal and abnormal findings.

Whether you're preparing for your first screening or looking to deepen your understanding, this webinar will equip you with the knowledge you need. We will also dedicate a portion of the session to a full Q&A, where you can ask any questions you may have and receive answers directly from a professional in the field.

This is a must-attend event for anyone looking to take proactive steps in their health journey or support loved ones in doing the same. Don't miss out on this opportunity to gain valuable insights and peace of mind.

[Click Here](#) to learn more about Pure Mammography!



[CLICK HERE](#)  
TO REGISTER

\*\*After registering, you will receive a confirmation email containing information about joining the meeting.

# BUILD RESILIENCE AND BOUNCE BACK FROM ADVERSITY WITH OUR MINDFULNESS APP



## CHECK OUT THESE ON-DEMAND PROGRAMS TO START BUILDING RESILIENCE:

- [7 Days of Resilience](#)
- [Resilience Practices](#)
- [7 Days of Building Healthy Mental and Emotional Habits](#)

Navigating highs and lows in life is part of the human experience. What if you could be a beacon of light for yourself in low moments? It starts with building resilience. Resilience means the ability to quickly recover from setbacks and challenges.

Mindfulness practice gives us the tools to become more resilient, and respond to difficult experiences skillfully. [Sign up for eM Life \(free\) to get started.](#)

## DON'T HAVE AN ACCOUNT? SIGN UP TODAY!

Mindfulness practice is proven to help reduce stress, ease anxiety, improve mood and build resilience. [Sign up to get started.](#)

### WHEN YOU SIGN UP FOR OUR WELLNESS APP YOU HAVE ACCESS TO:

- Live 14-minute mindfulness programs led by experts multiple times a day
- Live programs covering everything from managing anxiety to chronic conditions
- Hundreds of hours of on-demand content you can watch on your own time
- Access to expert-led communities to gain support and connect to your purpose