



Examining Relationships: Healthy vs. Unhealthy



December

Visit your home page starting
December 17th:

TOLL-FREE:

866-649-2392

COUNSELING:

800-445-3569
(607) 763-6474

WEBSITE:

www.nyuhs.org/eap

USERNAME:

CVCSD

PASSWORD:

employee (all lower case)

Just call or log on to get started.

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

Your Employee Support Program is available 24/7 to help with you and your family. If you do not know your sign-on information, please call: (607) 763-6474.