



Examining Relationships: Healthy vs. Unhealthy



December

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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.

Your Employee Assistance Program is available 24/7 to help with you and your family.

