

REAL SUPPORT FOR REAL LIFE



Brought to you by your Employee Assistance Program:

The Power of Authenticity

Does your public image match your inner truth? We all act differently in different roles: such as employee, partner, or parent. But are you being true to yourself in those roles? If you're not sure, this seminar is for you. Learn the benefits of being authentic, how to display emotion more openly, and feel happier.

Wednesday, September 21, 2022
2 pm ET / 1 pm CT / 11 am PT

Log in to register for this seminar at:

www.Cigna.com/EAPWebcasts

To view on-demand replay: Click the above link. When you log into the Wellness Webcast portal, you can choose to attend this seminar, register for upcoming seminars, or attend other on-demand seminars.

A Certificate of Attendance is available for this presentation.

On-demand replay will be available starting 2 hours after the live presentation.

Together, all the way.™



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