

# REAL SUPPORT FOR REAL LIFE



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## Workplace Conflict: Strategies & Solutions

Work is challenging enough without the tension of a conflict. We'll explore conflict triggers and how to prevent small conflicts from turning into big ones. Learn how to better manage difficult relationships, and get pointers on how to discuss things openly without anger or hurt feelings. **English & Spanish**

**Wednesday, April 19, 2023**  
**2 pm ET / 1 pm CT / 11 am PT**

Log in to register for this seminar at:  
[www.Cigna.com/EAPWebcasts](http://www.Cigna.com/EAPWebcasts)

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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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