

LEARN LUNCH & LEARN LUNC

Supporting *Employee* mental health

Wednesday, April 30th
11:30-12:30pm



113 Main Street, Suite 310
Oswego, IL 60543



JOIN OUR LUNCH AND LEARN ON EMOTIONAL INTELLIGENCE (EQ) FOR EMPLOYEE MENTAL HEALTH. LEARN TO RECOGNIZE EMOTIONS, FOSTER OPEN COMMUNICATION, AND SUPPORT WELL-BEING. GAIN PRACTICAL STRATEGIES TO REDUCE STRESS, BOOST RESILIENCE, AND IMPROVE WORKPLACE CULTURE. ENHANCE YOUR EQ SKILLS FOR A HEALTHIER, MORE SUPPORTIVE WORK ENVIRONMENT.

INTERACTIVE DISCUSSION & LUNCH INCLUDED!