

# REAL SUPPORT FOR REAL LIFE



**Cigna Employee Assistance Program Presents:**

## Effective Communication Strategies

We're all communicating all the time. But is your message hitting the mark? Join us to explore strategies for making sure it does. We'll discuss how to engage and create better connections with listeners – one on one and in group settings. We'll review the impact of style preferences and share tips on how to develop and use an assertive approach.

**Wednesday, April 21, 2021**

**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)

**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.

**Together, all the way.™**

**A Certificate of Attendance** is available for this presentation.

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

