



Real Support for Real Life

Brought to you by your Employee Assistance Program

Managers: Mindful Leadership

The pace and pressures of today's work life can challenge any leader. The practice of mindful awareness can help tame the stress and bring clarity to decision-making. Join us to explore how mindfulness can positively impact performance and help you lead with authenticity and compassion.

Wednesday, May 7, 2025
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.

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