

WEBINAR

# THRIVE WITH NATIONAL EAP

## Setting Goals that Stick

February 11th  
at 1 pm ET

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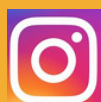


Every month, National EAP's team of coaches and clinicians provide programming to help you level-up in your personal and professional life. **This month we focus on setting realistic goals.**

Join our THRIVE webinar to enhance your goal setting abilities and develop habits that will make your goals stick! We will explore goal setting techniques, the 3 "Rs" of habit formation, and identify strategies to maintain motivation.



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