

DEC 2021



HelpNet webinar

# HOW TO HAVE DIFFICULT & SENSITIVE CONVERSATIONS

There's a belief that it's possible to talk to anyone about anything as long as the tone and timing are right. Whether it's asking your boss for a raise or telling your mother you are not coming home for the holidays, learn how to speak with confidence, clarity and kindness.

**AVAILABLE ON DEMAND STARTING DECEMBER 1**

To access Continuum's HelpNet, visit [4continuum.com](https://4continuum.com) and complete the member login at the top of the page. From HelpNet's home page, click the featured webinar of the month.

*Available when you need us, Continuum EAP is a free, confidential program to help you balance your work, family and personal life.*