

June  
2025

HelpNet  
Webinar



# Hold Your Head High: Communicating with Confidence in the Workplace

We all admire people who can communicate comfortably-and effectively-even in challenging situations at work. This seminar will teach two models of effective communication and will help you practice your new strategies in tough scenarios-negotiating your salary, talking with your boss about career development, confronting disrespectful behavior in the workplace, and more.

**Available on  
demand**

..... **Starting June 1**

To access Continuum's HelpNet, visit [4continuum.com](http://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.*



- 402.476.0186/800.755.7636
- [4continuum.com](http://4continuum.com)
- [easpecialist@4continuum.com](mailto:easpecialist@4continuum.com)