



HelpNet Webinar September 2026

Stress Better: Return to Work After an Absence

Transitioning back to work after a leave of absence can feel overwhelming, with stress and uncertainty looming large. In this session, we'll explore invaluable strategies tailored to empower employees in navigating this journey back into the workplace including outlining a practical six-step approach to ease the transition. Insights are offered to leaders to help support and guide their employees during this transition time. Additionally, we'll delve into understanding the stress response, identifying its signs, and mastering techniques to effectively complete the stress cycle, ultimately equipping you for a smooth return to work.

Available On Demand

Starting September 1

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