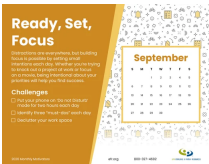


Pssst... pass this on! As the primary contact at your company, we rely on you to share this information with your colleagues. When you forward this email - you are empowering the individuals in your company to use the many resources available to them through EFR's Employee Assistance Program.



Focus on Being Present with the Monthly Motivator



Fall is for Focusing

September is a great month to build focus by setting small intentions each day to avoid distractions. Use our challenges to help you be intentional about your priorities.

[Download this month's Monthly Motivator](#)

[Click here to download in Spanish](#)

Stay Connected with our Blog and Podcast

We're here to help you overcome life's challenges and achieve your full potential. Whether you're taking the first step or already making strides, we have a [digital content hub](#) filled with expert podcasts, blogs, and webinars designed to inform, assist, and inspire you on your way to greater well-being.

September Blog



[The Importance of Belonging: Why We're Wired for Connection](#)

We've all had moments when we felt like we belonged and moments when we definitely didn't. Have you ever walked into a room where you didn't know anyone and immediately started looking for a familiar face? Or started a new job and wondered where you fit in? Maybe you've been part of a conversation where everyone seemed to know each other and you were standing on the outside trying to find your way in. [Read more...](#)

September Podcast

[Coaching Through Life](#)

In this episode of Emotion Well, Johanna Dunlevy talks with Kirk Trow, experienced leadership trainer and executive coach, as he shares his non-linear career path that has taken him from education to human resources and coaching, to entrepreneurship and, most recently, to life coaching and training with EFR. [Listen here...](#)



Fall Leadership Bootcamp

[Fall Leadership Bootcamp](#)

with Molly Mackey

After the success of our last Leadership Bootcamp, we are happy to present another session this fall. Leadership is both deeply rewarding and uniquely challenging. Equip your leaders with the tools they need to be effective.

This in-person bootcamp will be held Tuesday, October 20 and Wednesday, October 21 in Des Moines. [Click here](#) for all the details!

Monthly Benefit Spotlight

[My EFR Portal](#)

Take EFR wherever you go!

Have you created created your portal login yet? Our online web-based portal and mobile app can help you check in on your mental health and access our blogs, podcasts, and webinars.

Our mental health check-in assessments will give you personalized benefit recommendations. Whether you are concerned about your levels of depression, stress, and anxiety, or looking for specific benefit recommendations, we have tools to help you.

We've also added two new assessments. If you are concerned about social avoidance and distress take our SADS assessment, or if you feel like you would benefit from a check-in on your self-care practices, we have an assessment for that too.

You'll also have access to live chat so you can receive in the moment support. Register online [here](#) and after you've created your account, you can download the app for your mobile device.

Life happens, and as your Employee Assistance Program provider, we're here to help you and your family overcome life's challenges by connecting you with quality, supportive resources.

It's free, confidential, and available 24/7. Connect with us to use your benefits by calling [800-327-4692](#) or explore your [EAP benefits](#) on our website.

[Explore your benefits](#)

Your inbox isn't the only place to find us...follow us today!

