

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.



Monthly Motivator



Keep Your Meals Interesting

Are you a picky eater or do you know one? It's never too late to try something new and expand your palate.

[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.

October Blog



Childhood Experiences Matter: Understanding ACEs

The experiences we have as children help shape how we see ourselves, how we relate to others, and how we respond to the world around us. Positive experiences can build confidence, connection, and a sense of security. Difficult experiences leave their mark, too, and can affect a person's health and well-being long after childhood ends. [Read more...](#)

October Podcast

Coaching the Person, Not the Problem

In this episode, Mia Escobar, ICF certified Life and Performance Coach shares the experiences that shaped her approach to coaching. With a background in human resources and education, Mia spent many years teaching English as a second language and saw firsthand the challenges people faced as they left behind familiar careers, communities, and identities to build new lives in a new country. [Listen here...](#)



Monthly Benefit Spotlight

Life Coaching

A proactive approach to becoming your best self

Are you curious and interested in learning more about yourself? Are you wondering how life coaching can supplement your personal growth? Our life coaches can provide you with the support and guidance you need to help promote lasting, positive change. These sessions help you develop skills that can make you more effective in the workplace and beyond. [Learn more about each of our coaches](#) and then call [800-327-4692](tel:800-327-4692) to schedule your sessions.

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](tel:800-327-4692) or explore your [EAP benefits](#) on our website.

Upcoming Webinar

Attachment at Work

Communication, Boundaries, Feedback, and Stress Responses in Professional Settings

Attachment patterns influence more than personal relationships – they shape workplace behavior as well. Explore how attachment styles affect teamwork, communication, collaboration, leadership, and how we handle feedback. Learn why some people shut down under pressure, why others seek reassurance, and how workplace expectations can activate attachment-related reactions. This course includes practical strategies for giving feedback, setting boundaries, and creating predictable, supportive work environments that help everyone function more securely.

[Register today](#) to join us for this online webinar.

When: October 20, 2026
Time: 10 AM CST

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



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