



Good communication can make your job easier

Your Employee Assistance Program (EAP) can help you learn to listen and be heard

The workplace is always changing. More people are working from home. People of all ages and backgrounds are working together. This means good communication is vital. Learning how to speak and listen better can help you become even more successful at work. Your Employee Assistance Program (EAP) has resources to help.

Visit the EAP website to learn how to strengthen your communication skills. Go to the **Monthly Promotion** tab in the **Centers** section to read these articles:

- Effective communication: basic skills
- Bridging generation gaps
- Practicing listening skills
- Cross-cultural communication



Visit our website or call for free, confidential help from our team of EAP experts.*

855-223-9277

Website: anthemEAP.com
Login: Commonwealth of Virginia

* In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

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