



Strong relationships enhance your team *and* career

Your Employee Assistance Program (EAP) can help you work together, better

What makes a great team? Coworkers who feel valued, respect each other and share helpful feedback. Healthy workplace relationships not only make our work enjoyable, they make it better:

- When coworkers feel they can share their views, teams can make decisions that are right for them.
- Teams that respect differences encourage all members to play active roles.
- With open communication, teams can do their best work.

Want to build better relationships at work? Your EAP can help! Expert counseling, resources, information and referrals can help you improve communication. You'll learn ways to handle problems, and other skills for better relationships at work.

Log on to our website this month to read these feature articles:

- Workplace success takes teamwork
- Building a collaborative team environment
- Workplace success: enthusiasm and attitude
- Dos and don'ts for building a can-do workforce

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

anthemEAP.com
Login: Commonwealth of Virginia
1-855-223-9277



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

This document is for general informational purposes. Check with your employer for specific information on the services available to you.

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