

Profile EAP Webinar for February 2025

Setting Boundaries and Following Through



February 4, 2025

12:00 – 12:30 PM

Presented by Sue Garcia, MA, LPC

Setting boundaries and following through are essential for maintaining balance and well-being, both at work and at home. Boundaries help define what is acceptable and manageable, ensuring that personal needs and priorities are respected. Following through is equally critical—it reinforces the importance of the boundary and builds trust. Learn how to set boundaries and ensure both you and others honor them.

Helping employees balance, work, family, and life.....

EAP can also help with a spectrum of daily living issues related to childcare, elder care, family, financial and legal concerns, education, housing and much more. The EAP is there to help you with the issues that matter to you and your family.

To register for the webinar, go to ProfileEAP.org

For more information or to schedule an appointment call Profile EAP at 1-800-645-6571

Click here to register for the webinar—no company code needed to register