



NEBRASKA
**METHODIST
COLLEGE**
The Josie Harper Campus

Learning Center

Location/Date/Time

Webinar

Wednesday, April 15, 2026
1:00pm-2:00pm

Presented by

Rachael Kros, M.S. Ed, EAP
Training Consultant, Best Care
EAP

Handouts

To access the handouts, please refer to your course registration emails, or the course.

EAP: Stress Less

Details

The purpose of this program is to increase learners' awareness and understanding of personal stress and its impact on productivity, health, and overall well-being, and to equip participants with evidence-based, practical strategies that can be applied in daily life to effectively manage stress and enhance performance.

Agenda/Contact Hours

12:50pm-1:00pm: Log In
1:00pm-2:00pm: EAP: Stress Less (1.0 CH)



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EAP: Stress Less

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Program Disclosures

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- Attendance at the entire activity
- Completion/submission of evaluation form within 7 days of the program
- A link to access your certificate will be automatically generated and emailed to you within 24 hours of completing all requirements. Or, you can go to our website: www.methodistcollege.edu/pd, click "Account Login" on the top right side of the page, log in to your account, and click "Certificates."

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