



Find Your Focus *and Beat Burnout*

Staying organized doesn't have to be stressful — small changes can help you feel more in control. Discover simple ways to manage your workload, boost your energy and prevent burnout.

Staying Refreshed & Preventing Burnout

Feeling burnt out? Explore how living by your values can boost your well-being and move you past the barriers that hold you back. [Log in to watch video.](#)

Take Charge of Your Time

Discover how to organize your goals and daily tasks in a way that boosts productivity and reduces stress. [Log in to view tips.](#)

Build Your Resilience

Explore how organizations can build resilience at both the team and workplace level, offering practical ways to support and strengthen overall well-being at work. [Log in to watch webinar.](#)

Find Your Balance With Hybrid Work

Learn about the challenges you may face in hybrid settings, plus 10 actionable steps to build a healthier, more connected and more productive hybrid workplace. [Log in to read more.](#)

April 2026

Work Well. Live Well.

Get started with your EAP by joining this month's free webinars:

Managing Many Clients and Competing Demands

Wednesday April 15, 2026
[Morning - 12PM - 1PM EST](#)
[Afternoon - 3PM - 4PM EST](#)

Emotionally Intelligent Communication

Wednesday April 22, 2026
[Morning - 12PM - 1PM EST](#)
[Afternoon - 3PM - 4PM EST](#)

◆ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

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