



## Strengthen Your Connections & Communication

Good communication helps you build strong relationships at work and at home. This month, we're sharing simple tips to help you listen better, speak clearly and build trust with the people around you.

Remember, **Lucet EAP is here to support you**. If you're facing a tough conversation or want help improving your communication skills, our confidential services can guide you.

### Communicating Effectively

Watch this short **professional development session** to explore how emotions and interpretation can shape communication and learn simple ways to make sure your message is understood the way you intend.

### Fight Fairly

Learn simple, healthy strategies to help you handle disagreements with respect, stay calm and strengthen your relationships while working through conflict in this **tip sheet**.

### Do You Know Your Communication Style?

Understanding the four main communication styles can help you connect more effectively with others. Read this **tip sheet** to learn which style you use and how it can improve your conversations.

### The Art of Listening

Effective communication doesn't always mean you're saying the right things, sometimes it means be able to listen and understand. Watch this **webinar** to learn how to listen actively and respond thoughtfully for better communication and understanding.

### Start the New Year Strong with Live Webinars

A new year is a great time to focus on your well-being and professional growth.

The **2026 Live Webinar Calendar** features a full year of expert-led sessions hosted by Lucet EAP, covering topics such as mental health, wellness, work-life balance and professional development.

Browse the **calendar** and **register** for sessions that support your goals in the year ahead.

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

**Changes: Embracing the Journey**  
Wednesday Feb 18, 2026  
[Morning - 12PM - 1PM EST](#)  
[Afternoon - 3PM - 4PM EST](#)

**Habits of Highly Effective People**  
Wednesday Feb 25, 2026  
[Morning - 12PM - 1PM EST](#)  
[Afternoon - 3PM - 4PM EST](#)

Feb 2026

# Work Well. Live Well.

◆ 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.

Call 800-624-5544  
Visit [eap.lucethealth.com](http://eap.lucethealth.com)