



HelpNet

Your Customized EAP Website

A gateway to access online options for employees, and their household, to maintain a healthy balance between work, family, and individual needs. You will find a host of information that is easy to access in specific areas of interest.

See back side for a listing of the self-paced training opportunities available.

Legal • Financial • Childcare • Elder Care • Family • Relationships
News Alerts • Travel • Nutrition • Wellness • Fitness
Home • Pets • Volunteer • Training Center • Personal Growth
and much more ...

Access content in English and Spanish.



Additional Tools

- Skill Builders
- Health Tools
- MD Hub
- MedLine
- Calculators
- Nutrition
- Fitness
- Wellness
- Legal
- Financial
- Forms & Templates
- Webinars
- Recipes
- Daily Living
- Stress Management
- and much more...

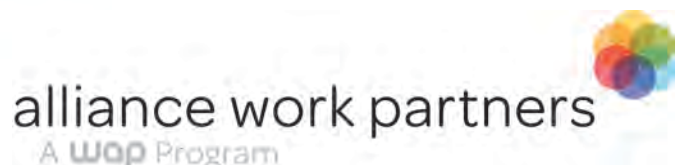
To Login:

www.AWPnow.com

Select **Access Your Benefits**
Then **enter your Registration Code**
Select **Benefits | HelpNet**

1st time login? Create an account:
contact HR or AWP for registration code.

1-800-343-3822
TDD: 800-448-1823
AM@alliancewp.com
www.AWPnow.com



Training Center & Personal Growth

Communication (18)

Effective Communication
Conflict Resolution
Business Writing
Presentation Skills
... *and more*

Professional Development (52)

Emotional Intelligence
Business Writing
Customer Service
Planning
Time Management
... *and more*

Leadership (30)

Building a Successful Team
Leadership Basics
Delegating
Workplace Diversity
... *and more*

Work/Life Balance (20)

Achieving Personal Goals
Balancing Work & Family
Avoiding Burnout
Achieving Goals
... *and more*

Interpersonal Skills (25)

Conflict Intervention
Valuing Diversity
Emotional Intelligence
... *and more*

Child & Elder Care

Sales Skills

Assessments

Webinars

Videos

... *and more*

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To Access Webinar Topics:

Select **Benefits | HelpNet**

Click **Connect to HelpNet**

Select **Training Center, Personal Growth or other topics**

Click **Courses**

Click the arrow to expand each topic