

## Back to school for grown-ups!



No matter what our age, learning new skills and brushing up on our current skills is always a satisfying and valuable thing. And the perfect time to think of that is early autumn, when thoughts of school are in the air. Many adults carry that “back-to-school” feeling as summer winds to a close. Don’t be left out – September can be a second chance to turn over a new page and begin a fresh “new” year.

If you want to jump on that back-to-school bandwagon, ESI EAP has a wide range of learning benefits that you can explore. Just login to [www.theEAP.com](http://www.theEAP.com) to check out these great educational opportunities:

- **Personal & Professional Development Trainings** – Over 8,000 free online personal & professional development trainings in multiple user-friendly formats on work skills, leadership, technology, safety, and more. Try micro-learning in short bursts with video lessons of 10 minutes or less, or deeper dives on key topics in eLearning of 30+ minutes. (**Training Center**)
- **Career & Education Resource Center** - Links to resources for Career Exploration and Planning; Finding the Right College; The Cost of College - Financial Aid and Scholarships; Vocational, Military and Other Career Resources. (**Resource Centers**)
- **Financial Fitness Center** - Learn about money matters from budgeting to investing, and explore 200 interactive tutorials to help you get instant, unbiased answers to all your common questions about money! (**Personal Finance & Education Center**)
- **Personal and Professional Coaching** – One-to-one telephonic sessions with professional coaches on a variety of topics for work and home life. (**800-252-4555**)
- **Health & Wellness Videos** - Explore hundreds of videos on various health topics and medical conditions. (**Webinars & Videos**)
- **Monthly Webinars** –View both upcoming and archived topics. Earn certificates, or take them just for the sake of learning. (**Webinars & Videos**)

## E-Learning Popular Picks

Check out a few popular picks from our 8,000+ E-Learning courses and trainings. Simply login at [www.theEAP.com](http://www.theEAP.com), click the “Training Center” icon and choose the “New & Improved Trainings” icon.

- **NEW! Cybersecurity Essentials for Employees | Course ID: SVL\_073034**  
21 minute video covering 6 key cybersecurity best practices to help protect your and your organization’s private information.
- **NEW! Workplace Hacks to Stay Positive and Avoid Burnout - Tips | Course ID: SVL\_1020963**  
4 minute video offering actionable ways to keep a positive, motivated attitude and avoid being overwhelmed.
- **Using Fire Extinguishers Effectively | Course ID: SVL\_1026870**  
8 minute video safety lesson about different types of fires and fire extinguishers, and how to use them. Useful info for work and home!

## Delta Variant FAQs

The Delta Variant of Covid-19 is super contagious and accounts for most Covid-19 cases in the US. The best protection is to ensure that you are vaccinated. Also, in public places and crowds, rely on the Covid-19 best practices to ensure safety for you and others: masking, hand washing, and safe distancing. Here are a few helpful resources:

- **American Medical Association (AMA): COVID-19 Vaccines: Patient FAQs**
- **Web MD: What You Need to Know About the Delta Variant**
- **NBC News: What top pediatricians want you to know about the delta variant and children**

