

# 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.

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



512-328-1144  
800-343-3822

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www.AWPnow.com

### HelpNet Tools

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

*and more...*

To Login:

[www.AWPnow.com](http://www.AWPnow.com)

Select **Access Your Benefits**

Then enter your **Registration Code**

Select **Benefits | HelpNet**

1<sup>st</sup> time login? Create an account:

contact HR or AWP  
for registration code.

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# 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



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