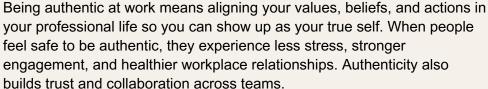
Employee Assistance Program Tip Sheet

Authenticity at Work







Tips for Practicing Authenticity

- Reflect on Your Work Persona Notice which behaviors feel natural and which feel forced. Small shifts toward being genuine can make work more energizing.
- Share a Little of Yourself Offering small details, like a hobby or personal interest, can strengthen connections with colleagues.
- **Practice Vulnerability** Asking for help or admitting uncertainty shows courage and encourages trust within teams.
- Stay Guided by Values Let your core values shape your choices and interactions.
 Consistency builds credibility and integrity.
- **Be Honest, but Kind** Authenticity doesn't mean saying everything on your mind. Speak truthfully while staying respectful and compassionate.

Authenticity is an ongoing practice. By making small, intentional choices, you can create a more fulfilling and connected experience at work—while also contributing to a healthier workplace culture.

Your Employee Assistance Program (EAP) is here to support you. Reach out anytime for confidential help with workplace challenges, stress management, or building stronger connections at work.

References: Psychology Today. https://www.psychologytoday.com/us/blog/leading-for-wellness/202504/the-key-to-becoming-more-authentic-at-work, The Greater Good Science Center at the University of California, Berkeley. https://greatergood.berkeley.edu/article/item/how-to-be-more-authentic-at-work, The Greater Good Science Center at the University of California, Berkeley. https://greatergood.berkeley.edu/article/item/how-to-be-more-authentic-at-work.



Your Employee Assistance Program

Anytime, any day, you have access to mental health professionals available to connect you with free and confidential services and resources to help you be your best. Simply call to get started today.

24/7/365 PHONE: 1.866.795.5701

WEBSITE: EAPHelplink.com

CODE: HCPS



Your Employee Assistance Program Online Seminar



Authenticity at Work

In this seminar, you'll learn how to handle health challenges, prevent burnout, and support diverse needs to create a healthier, authentic workplace.

LET US HELP

Visit the website below starting October 21

WEBSITE: EAPHelplink.com

TOLL-FREE: 1.866.795.5701

COMPANY CODE: HCPS

