



# Real Support for Real Life

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## Civility and Respect at Work

From rude responses to thoughtless actions, disrespect can creep into interactions with our coworkers. When it does, we all suffer. In this seminar, we'll talk about what disrespect looks like. You'll learn strategies for responding to it. And explore how to help create a workplace where everyone feels valued and can do their best work.

**Wednesday, July 24, 2024**  
**2 pm ET / 1 pm CT / 11 am PT**

**Log in to register for this seminar at:**

[www.Cigna.com/EAPWebcasts](http://www.Cigna.com/EAPWebcasts)

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**A Certificate of Attendance** is available for this presentation.

**On-demand replay** will be available starting 2 hours after the live presentation.

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