



**Member training:  
Understand and Embrace Diversity**

**July featured training**

**Understand and Embrace Diversity**

Exploring the many facets of diversity, this program examines cultural differences, as well as differences in age, gender, marital status, and sexual orientation. This session also explores the benefits of diversity in the workforce as well as effective ways to achieve a safe and equal workplace.

Participants will:

* Explore diversity issues
* Determine the impact of prejudice
* Affirm business reasons for diversity
* Discuss effective communication on challenging topics
* Identify and recognize “big picture” issues and challenges
* Discuss how one’s culture influences workplace behaviors
* Identify skills for effective understanding and communication
* Examine the cultural styles and values of different groups and individuals within groups

Register for a live 1-hour training session or use the on-demand option to watch the training when it’s convenient for you. Training options are in English and available globally.

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| **Recorded sessions**  On demand  (no Q&A)  **[Watch now](https://optum-au.webex.com/webappng/sites/optum-au/recording/0aee15dacff5103bbded00505681f027/playback)**  **Short on time?**  **Watch the 10-minute summary** [**here**](https://optum.webex.com/optum/ldr.php?RCID=c0f341a1ef30d01192b358c5d320dd72) | **July 18th**  01:00 AM-02:00 AM CDT  (with Q&A)  [**Register now**](https://eapworklife.my.site.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006A0UbQAK) | **July 19th**  11:00 AM–12:00 PM CDT  (with Q&A)  [**Register now**](https://eapworklife.my.site.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006A0UgQAK) | **July 21st**  07:00 AM-08:00 AM CDT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006A0UlQAK) |

**Space is limited for the live training session options, so advance registration is required.**

## Next month’s training will focus on understanding neurodiversity in friends and family. Keep an eye out for registration links to join a live session or use the on-demand option to watch when it’s convenient for you.

**Get started**

This programme should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency

services phone number if you are outside the United States, or go to the nearest A&E. This programme is not a substitute for a doctor’s or professional’s

care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its

affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This programme and all its

components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior

notice. Experience and/or educational levels of Employee Assistance Programme resources may vary based on contract requirements or country

regulatory requirements. Coverage exclusions and limitations may apply.

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