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The Art of Expectation

The perfect plan allows for imperfection

Anticipating perfection results in frustration, but underestimating potential creates tedium.

EAP can help you set realistic goals, anticipate challenges, and remain flexible. These skills allow you to create realistic expectations with yourself and others, so that you can feel proud of what you've done, not frustrated by what you couldn't do.

YOUR EMPLOYEE ASSISTANCE PROGRAM

Available any time, any day, your EAP is a free, confidential benefit to help you balance your work, family, and personal life.

WHATEVER YOU NEED, WE ARE HERE TO HELP

Lighthouse EAP: solution-focused counseling and resource referrals. Appointments & 24/7 crisis support:

419-475-5338 | 800-422-5338