

## How to Log In to View Recorded Webinars with Best Care EAP

- 1) go to [bestcareeap.org](https://bestcareeap.org)
- 2) In the top, right-hand corner, click the Member Login Button.
- 3) Enter the log in information
  - a. Member ID: bcUNOe
  - b. password: UNO
- 4) On the left-hand menu, click training and events, and then Webinars.
- 5) Then choose the category you'd like to explore.
- 6) Each webinar will tell you the title, the total time and a description of the information.
- 7) Click "Download more info" to access the handout for the class.
- 8) Click "View Video" to run the webinar.
- 9) When you click View video, it will ask for a recording password
  - a. Input "welcome" and click ok.
  - b. Complete the "Registration form"
  - c. download webex (Click Add Webex to Chrome and follow prompts)
  - d. Once downloaded, Webex will launch the webinar in a new window.

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### A Head for Success: Cultivating a Growth Mindset

36 minutes

Do you believe that your genes dictate your intelligence and control creativity? This program draws on the latest findings in neuroscience to help you develop a "growth mindset" - a new way of thinking that can instill in you a passion for learning, readiness to embrace change and the courage to persist in the face of any challenge.



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