2019

Webinar calendar

Employee webinars

January

Wednesday, January 9

Your Employee Assistance
Program: Your Partner Through all
Life's Struggles and Juggles

- Identify reasons to use the EAP
- Distinguish the different ways to access services, how to find out your specific benefits, who's eligible and how to get started
- Learn about the vast array of available benefits, resources and tools

February

Wednesday, February 13
Transgender 102: To the
Bathrooms and BEYOND!

- Understand appropriate language, terminology, and behaviors when interacting with transgender individuals
- Gain insight into the experience of being transgender and its effect on a person's job, personal relationships, mental health, etc.
- Identify ways to support individuals across the gender spectrum

March

Wednesday, March 13

10 Steps to Financial Freedom

- · Find your "money view"
- Develop a budget and get out of debt
- Create an abundance mentality to save and invest

April

Wednesday, April 10

Proven Ways To Achieve Financial Harmony With Your Partner

- Identify your spending patterns
- Communicate about money effectively
- Employ proven strategies to resolve financial conflicts with your partner

May

Wednesday, May 8

Resilience: Focusing on Recovery Not Drama

- Review the definition and background on resilience and how to develop your resilience plan
- Learn about Psychological First Aid and when to use it
- Review 'Hot Topics' of opioid, suicide and homicide epidemic

June

Wednesday, June 12

Simple Strategies & Life Hacks to Bring Out the Best in Others

- Learn how to identify and affirm strengths in others
- Identify the importance of active engagement over passivity
- Recognize the vital roles of listening, understanding and vulnerability
- Understand how creating new habits and skills will not only help bring out the best in others but also in you

July

Wednesday, July 10

Your Survival Guide for Creating Balance and Managing Work-life Stressors

- Define stress vs. balance
- Describe the root causes of imbalance and stress
- Name strategies and tools to manage stress and reestablish balance



August

Wednesday, August 14

<u>'Emotional Muscle': How to Grow</u>
<u>Resilient Children and Become</u>
<u>Stronger Parents</u>

- Learn about child development through the concept of emotional muscle
- Learn how parents and children can grow together through different life stages to become stronger and more resilient
- Learn how to bounce back when bad things happen

September

Wednesday, September 11

From Stress to Success: Strategies to Defeat Workplace Stress

- Learn why managing workplace stressors is important
- Identify types, sources and signs of stress
- Implement workplace stressbusting tips and how your program can help

October

Wednesday, October 9

Positively Maneuvering Change in the Workplace

- Identify the different types of change and why it is important
- Describe ways to manage emotions in a changing environment
- Define proven methods of selfcare in times of change

November

Wednesday, November 13

Caregiver Endurance Guide: Caring for Yourself and Your Aging Loved One

- Identify issues you and your aging loved one may encounter
- Define strategies to help you and your loved one approach the aging process
- Discuss how to work through resistance
- Learn how to look after your own health and well-being, including how your program can help

December

Wednesday, December 11

<u>Using Mindfulness to Take Charge</u>
of Your Eating!

- Define and describe mindful eating as it pertains to physiological processes
- Practice an essential mindful eating exercise
- Learn how to use mindful eating strategies to obtain your goals



Manager webinars

March

Wednesday, March 27

A Leader's Orientation to the Employee Assistance Program

- Identify the reasons to access the EAP and the vast array of available benefits, resources and tools
- Distinguish the different ways to access services, how to find out your specific benefits, who's eligible and how to get started
- Understand specific resources just for managers, supervisors and human resource professionals

June

Wednesday, June 26

Identifying and Addressing Performance Concerns

- Identify indicators of potential performance concerns
- Discuss strategies for providing effective feedback
- Review possible barriers and identify resources

September

Wednesday, September 25

<u>Understanding and Managing Military Veteran</u> <u>Employees</u>

- List key differences between military work culture and civilian work culture, including common frustrations veterans have in the "civilian world"
- Learn how PTSD and other mental health issues manifest for veterans in a civilian work environment
- Explain the "Dos and Don'ts" in hiring veterans and how to manage veterans under your team

December

Wednesday, December 4

Helping Employees Positively Maneuver Change in the Workplace

- Learn the types of change, and the challenges and benefits of change
- Discuss effective leadership for a changing environment
- Define proven methods of self-care in times of change

