

2022 Live webinar calendar

New this year! Live webinars are now 45 minutes or less.

Employee webinars

JANUARY

Wednesday, January 12

[Your Program: Benefits to Help you Lead a Thriving Life](#)

- Identify the components of your program.
- Explain how to access a variety of resources, tools and services.
- Describe what to expect when contacting your program.

FEBRUARY

Wednesday, February 9

[Social Status: Keeping a Safe and Healthy Relationship with Social Media](#)

- Explain the algorithm and why you see specific content.
- Recognize how to identify reliable, verified information.
- Know when it's time to take a break from social media.

MARCH

Wednesday, March 9

[Retirement Planning: Getting Started and Sticking to Your Goal in Times of Uncertainty](#)

- Recognize the importance of starting with a plan early.
- Use goal-setting strategies to stay on track with your vision for retirement.
- Discuss how to adjust your spending and saving plans as needed.

APRIL

Wednesday, April 13

[Overcome Exhaustion and Burnout](#)

- Summarize what is causing feelings of fatigue and burnout.
- Recognize the symptoms of burnout.
- Identify practices to help restore emotional health and wellbeing.

MAY

Wednesday, May 11

[Self-Care Enhancement and Enrichment](#)

- Explain the importance of self-care.
- Describe how to find happiness and purpose in life.
- Develop techniques to achieve an improved mindset and mood.

JUNE

Wednesday, June 8

[When the Pot Boils—Help People Cool It](#)

- Describe different ways people interact and how people think.
- Practice strategies to deal with difficult people and heated situations.
- Recognize ways to cool yourself down.

JULY

Wednesday, July 13

[Mindfulness: The Life-Mind-Body Connection](#)

- Define mindfulness and other mind-body methods to reduce stress.
- Explain the myths and realities of meditation.
- Practice deep breathing and meditation techniques.

AUGUST

Wednesday, August 10

[Make Life Easier: Create More Peace and Balance at Work and Home](#)

- Define what peace and balance means.
- Describe mindsets and how to set practical expectations.
- Identify strategies to help create calm and manage work-life flow.

SEPTEMBER

Wednesday, September 14

[Suicide Risk: Awareness and Prevention](#)

- Define the warning signs of suicide.
- Discuss how to speak to someone about suicide concerns.
- List resources and how to get help.

OCTOBER

Wednesday, October 12

[Understanding Substance Misuse](#)

- Define addiction and warning signs of substance misuse.
- Identify when it's time to get help.
- List resources to help with recovery.

NOVEMBER

Wednesday, November 9

[Thriving Through the Holidays](#)

- Describe why holidays are more stressful than other times of the year.
- Identify your "limits" during the holidays.
- Explain coping skills to help you stay emotionally healthy.

DECEMBER

Wednesday, December 14

[The Power of Purpose](#)

- Describe the importance of purpose for resilience and thriving.
- Discuss benefits of purpose.
- Identify strategies to live with intention and realize your meaning.

Manager webinars

MARCH

Wednesday, March 23

[Your Program: Benefits to Support Managers](#)

- Define the components of your program.
- Explain how to access the variety of resources, tools and services.
- Describe how to support staff and facilitate a positive, productive workplace.

JUNE

Wednesday, June 22

[Inspire and Motivate Your Team](#)

- Identify warning signs of a disengaged team.
- Define ways to motivate employees when times are tough.
- Describe how to help your team work better together.

SEPTEMBER

Wednesday, September 28

[Creating an Environment Where Positive Relationships Thrive](#)

- Define positive relationships and why they are important at work.
- Discuss ways to deal with team conflict and manage difficult feelings in the workplace.
- Identify how to handle difficult or uncivil customers/clients.

DECEMBER

Wednesday, December 7

[Leading with Purpose](#)

- Describe the importance of purpose for leading resilient teams.
- Discuss benefits of leading with purpose.
- Identify strategies to lead with intention.

New for 2022! All webinars are 45 minutes or less and begin at 1:00 pm CT.

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