2017 Webinar Calendar

Monthly Employee Webinars

January
January 11 | Health and Wellness: Are You Ready to Make Changes in 2017?
In this webinar, you will examine your personal health and wellness short and long-term goal types, readiness for change, change barriers and means to overcome and next steps for implementing change goals.

February
February 8 | Creating the Life You Want
This webinar will examine how successful individuals consciously create the life they want by harnessing the power of their thinking. A deeper dive into two areas (Self-Esteem and Connecting with Others) will illustrate the power of harnessing those thoughts that are truly helpful.

March
March 8 | Resiliency: Learn to Recover from Adversity, Grief and Trauma
In this webinar, participants will learn what it means to be resilient, common characteristics of resilient people and tips to build personal resilience.

April
April 12 | Prescription for Financial Wellness
In this webinar, you will complete a short financial assessment exercise, identify areas of concern with your finances and learn ten simple goals which can help you achieve financial peace of mind.

May
May 10 | Strengthening Committed Partner/Marital Relationships
This webinar will focus on learning how to improve communication, deal with anger and improve physical and emotional intimacy within a committed relationship.

June
June 14 | How to Improve Your Relationship with Management for Organizational Success
In this webinar, participants will learn skills, personality traits and behaviors that contribute to building positive employee to leadership relationships and ultimately personal, professional and organizational success!

July
July 12 | 8 Ways to Destroy Your Relationships—and How to Avoid Them!
This example-filled webinar presents what we oftentimes do that destroy our relationships, and then clearly explains what to do differently to avoid the pitfalls of relationship failures. From flops to fantastic!

August
August 9 | Cultivating Happiness: How to Create Your Own Happiness Regardless of What Life Throws at You
In this webinar, participants will learn about emotional intelligence, the power of positive thinking and methods and tools to grow your own personal sense of happiness.

September
September 13 | The Path to Stress Relief: Unraveling the Mystery of The Yellow Brick Road
This webinar will help define the origins of stress, the stress response, identify barriers to stress relief and tips for relieving stress.

October
October 11 | Creating Healthy Habits for a Healthy Weight
In this webinar, participants will identify the personal definition of “healthy weight,” learn tips for developing healthy weight habits, learn strategies to help improve weight loss and create an action plan to get started.

November
November 8 | Caregiver Coaching: How to Have the ‘Difficult Conversations’ with your Family Members
In this webinar, you will learn how stress can affect the ability to communicate effectively, tips for engaging in difficult conversations with aging loved ones and self-care tips for managing stress when dealing with difficult conversations.

December
December 13 | Human Appreciation: Cultural Awareness in the Workplace
This webinar will focus on the importance of valuing others’ differences to create a positive work environment and core principles for human appreciation of others’ cultures in the workplace.

All webinars are held 1:00 pm – 2:00 pm Central Time.
Quarterly Managers Webinars

March
March 22 | Be the Meeting Hero Your organization Needs
In this webinar, you will learn to determine if a meeting is necessary, how to develop a clear purpose statement for your meeting, to create a plan that ensures the meeting’s success and how to move towards outcomes that matter.

June
June 28 | Creating a Healthy Workplace Environment from the Top Down
In this webinar, leaders and HR representatives will learn the differences between healthy versus unhealthy work environments, “bottom line” impacts to unhealthy environments, your role in creating a healthy workplace and initiating action towards positive change.

September
September 27 | Strategies for Managing Challenging Behaviors from a Workplace Support Perspective
This webinar will identify the most common behaviors that impact the workplace, strategies to address problematic behaviors, how policies and protocols guide decisions and how EAP Workplace Support Services can assist in addressing challenging behaviors.

December
December 6 | EAP’s Impact on Employee Engagement
In this webinar, leaders and HR representatives will learn characteristics of employee engagement and disengagement, benefits of a highly engaged workforce, and how your EAP can make a positive impact.

All webinars are held 1:00 pm – 2:00 pm Central Time.