

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

['Emotional Muscle': How to Grow Resilient Children and Become Stronger Parents](#)

- 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 stress-busting 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 self-care 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

[Using Mindfulness to Take Charge 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

[Understanding and Managing Military Veteran Employees](#)

- 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