

2022 EAP WELLNESS WEBCASTS

Click or go to Cigna.com/EAPWebcasts



LIVE	SEMINAR	TOPIC
JAN 5	Embracing Optimism	Is your glass half full or half empty? We all have the power to shift to a more positive way of thinking. Learn simple tips that can help.
JAN 19	Managers: Psychological Safety at Work	Explore ways to create a team environment that empowers employees to ask questions and give feedback. Review key skills to bring out their best.
JAN 26	Finding Your Resilience	Life can play rough, but you have the power to bounce back. Join us to explore the concept of resilience and learn how to strengthen yours.
FEB 9	Stress Less: Mind and Body Strategies	The tension of stress impacts us physically and emotionally. Discover simple, but powerful, ways to release the pressure and reclaim balance.
FEB 23	Pay It Forward: A Guide to Giving Back	From random acts of kindness to volunteering, you can make life better for others. Find out how to get started and the benefits when you do.
MAR 9	Healthy Eating for Kids	Do you worry about your child's eating habits or weight? Join us to learn how you can help them build a healthy relationship with food and fitness.
MAR 23	Conquering Compassion Fatigue	Those in helping professions are at increased risk for this type of burnout. Learn to recognize and respond to signs in healthy ways.
APR 6	Managing Change	We'll explore why change is so stressful and share real-world strategies for moving through transitions in a positive way. English & Spanish
APR 20	The Financial Wellness Playbook	Learn from the experts! We'll share financial best practices and tips for developing an action plan to improve your money habits.
MAY 4	Bridging Divides: Beyond Agree to Disagree	We all have our perspective, but what about when it clashes with those of others? Learn how to reach across divides to respectfully engage.
MAY 25	Managers: Inclusive Leadership	Diversity can have big payoffs, but can be challenging to manage. Explore the role of bias, cultural humility, and ways to promote team cohesion.
JUN 1	Understanding Post-Traumatic Stress	Trauma can enter our lives in many ways and leave a lasting imprint. Learn about brain processes that play a role and gain strategies that can help.
JUN 15	Gender Transition and the Workplace	"Changing" genders can be a hard concept to understand. We'll talk about gender identity and what it means when a person transitions.
JUL 6	New Parents: Off to a Good Start	Welcome to parenthood! Get tips to grow your parenting strengths and reduce the stress so you can focus on the joys of your new baby.
JUL 20	Secrets of Happiness	Who doesn't want to be happy!?! But is getting there really a secret? Explore what happiness is and how to find more of it.
AUG 3	Violence in the Workplace	Workplace violence is a real danger that can occur in any work environment. Building awareness is the first step to being prepared.
AUG 17	Managers: Whole Person Wellness For Leaders	To succeed in a high-stress role, you not only have to do your best, you have to be your best. Review key strategies for whole person health.
SEP 7	Mental Health: You Can Make a Difference	Mental wellness matters. We'll discuss how to move past stigma to recognize, acknowledge, and respond to concerns. English & Spanish
SEP 21	The Power of Authenticity	Does your public image match your inner truth? Discover the benefits and growth that can come when it does. And learn how to make it so.
OCT 5	Raising Money-Savvy Kids	It's never too early to learn responsible habits. We'll provide a wide range of tools and guidelines for teaching children valuable money concepts.
OCT 19	Managers: Leading with Emotional Intelligence	Learn what "EQ" looks like in a management role, and practice strategies for using it to inspire, build relationships, and manage conflict effectively.
NOV 2	Strategies for Caregiving Challenges	Having information and resources can reduce caregiving stress. Review tips for dementia care, long-distance caregiving, and more.
NOV 16	Achieving Success: Using Goals to Get There	There's no magic formula for success, but goal-setting is a proven tool. Explore what's holding you back and how to set and tackle goals.
DEC 7	Holiday Stress: Putting Happy Back in the Holidays	Shopping, cooking, family...help! Get tips to reduce the stress, manage expectations, and put joy back in the holidays.

All seminars are one hour and take place on Wednesdays at 2 pm ET / 1 pm CT / 11 am PT. On-demand replay will be available starting 1 hour after the live presentation.