

2023 EAP WELLNESS WEBCASTS

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LIVE	SEMINAR	TOPIC
JAN 4	Exercise Essentials: Getting and Staying Active!	Exercise is easy to neglect when time or energy is short. Discover how to build an effective, sustainable, workout with three key types of exercise.
JAN 18	Emotional Exhaustion: Fighting the Fatigue	Navigating relentless challenges can leave us feeling weary. Explore strategies that can help you regroup emotionally and re-spark vitality.
JAN 25	Beating the “Blahs”: Small Steps to Flourishing	Are you feeling aimless, flat, or bored with everyday life? Gain strategies to move into a more motivated and contented state of flourishing.
FEB 8	Family Life: The Juggling Act	Work, family, activities, commitments... are you trying to keep too many “balls” in the air? Explore how you can add balance and reduce stress.
FEB 22	Under Pressure: Managing Workplace Stress	You may not be able to escape from job stress, but you can learn to deal with it more effectively. We'll share coping strategies and proactive moves.
MAR 8	Managers: Civility and Respect at Work	Disrespectful words and actions can affect performance and morale, and lead to harassment or worse. Learn strategies to address this key issue.
MAR 22	The Power of Initiative	Turning dreams into reality doesn't happen magically. Join us to discuss how to get past common roadblocks and start taking charge of your future.
APR 5	It's My Budget & I'm Sticking to It!	An accurate budget is the foundation of financial stability. Our experts will outline how to create a spending plan and share tips for sticking with it.
APR 19	Workplace Conflict: Strategies & Solutions	Conflict is a fact of life, and the workplace is no exception. Find out how you can respond to it in proactive and constructive ways. English & Spanish
MAY 3	The Power of Connection: At Work	Feeling disconnected can have a powerful impact on our work and well-being. We'll discuss challenges and how to build meaningful connections.
MAY 17	Managers: Mental Health at Work	Being able to recognize signs of mental health distress is an important way to support employees. Learn what you might see and how to respond.
JUN 7	Diversity: Let's Talk About It	Diversity can be a challenging topic. We'll discuss why and explore how to build awareness and skills that support inclusivity and personal growth.
JUN 21	Try It! Exploring New Things	Are you in a same old, same old rut? We'll talk about the benefits of trying something new and help you discover ideas for expanding your horizons.
JUL 12	Helping Children Cope with Traumatic Events	When life gets scary, parents may struggle to know how to support their child. Learn how children are impacted and how to help them feel safe.
JUL 26	Unique You: Personality Styles at Work	When personality styles mesh, the whole team can benefit. Have fun learning what your style is and how different styles can work together.
AUG 9	Your Debt-Free Game Plan	Debt can be the biggest obstacle in reaching our financial goals. We'll go over debt-reduction strategies and review how to create a sustainable plan.
AUG 23	Managers: Managing After a Traumatic Event	It's easy to feel helpless in the aftermath of a disaster or traumatic event. We'll review common reactions and ways to support your employees.
SEP 6	Suicide Awareness	Suicide can touch any life. The impact can be profound. Join us for a candid conversation about possible warning signs and how you might help.
SEP 20	Know Your Numbers	BMI, BP, HDL, LDL! What does it all mean!? Get simple explanations of biometric numbers and ideas for improving them. English & Spanish
OCT 4	Life with Cancer	When cancer becomes a reality for you, or someone close to you, everything changes. We'll talk about the stressors and strategies for managing them.
OCT 18	Managers: Compassionate Leadership	Does compassion really belong in a leader's skill set? Research says yes! Learn what it looks like and how you can use it to manage effectively.
NOV 1	Giving to Yourself: For Caregivers	As caregivers, it's easy to slip into a pattern of giving all of our resources to others. It's time to change that. Join us to gain doable self-care strategies.
NOV 15	Why We Get Angry & What to Do About It	Anger is a normal, healthy emotion, but it can lead to problems. Learn about triggers and healthy ways to control it and defuse angry situations.
DEC 6	De-stress at Your Desk	Busy work days and personal stressors can tie us in tight knots. Explore stretching, deep breathing, and guided imagery to release the tension.

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.