



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.

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.