

EMPLOYEE ASSISTANCE PROGRAM *Webinar Series 2024*

January – June

Sessions are from 12:30pm-1:30pm CST

January 10: Stress Reduction Toolkit 2.0- In our fast-paced world, it seems like the one constant is that we are always under pressure. From tension at home to deadlines at work, fighting stress can feel like a never-ending battle. In this powerful and informative seminar, participants will learn the key strategies to reduce physical tension, manage automatic negative thoughts, and increase self-care so that their day is more productive, enjoyable, and less stressed.

February 14: The Sandwich Generation: The Ultimate Balance- Caring for an elder is an enormous challenge by itself; combining elder care with care of children or adolescents and attempting to balance the demands of a career can seem overwhelming to even the most organized individual. In this session we will focus on establishing balance, recognizing negative emotions, adhering to priorities, and reducing stress.

March 13: Eating Right for Life- Do you find yourself constantly making impulse decisions around food intake? Participants in this seminar will learn the benefits of nutrition, including the importance of making informed food choices to develop and maintain sound eating habits. Expect to leave this interactive session understanding what your body needs for optimal health and the key nutritional guidelines to follow.

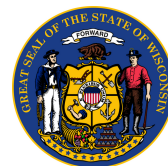
April 10: Working and Living with Someone with Neurodiverse Challenges- Neurodiverse individuals (ADHD, Dyslexia, Autism Spectrum) may not have the resources and tools to best facilitate their capabilities. How then, can you help family members or colleagues feel comfortable, and find evidence-based strategies to help them to thrive? Join us as we explore this critical topic and share concrete strategies for helping to maximize their talents, goals, and passions.

May 8: Handling a Family Crisis- This class was created for those experiencing a family crisis, as well as managers who would like to learn how to support their employees. Managing expectations and emotional exchanges that may occur while having challenging conversations will be covered. Participants will learn healthy coping mechanisms during times of transition, as well as how to address and get support with potential financial challenges.

June 12: The Fine Art of Giving and Receiving Feedback- Simply hearing what someone says, and actively listening are two very different things. Active listening skills are critical to business success. In this session we will explore the three basic listening modes, we will discuss how individual communication styles affect listening, and we will practice active listening strategies.

CALL TOLL-FREE, 24/7
1.833.539.7285

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Webinar Series 2024

July – December

Sessions are from 12:30pm-1:30pm CST

July 10: Family and Friends- Relationships: Establishing and maintaining a healthy relationship requires monitoring and utilizing emotional tools to keep those relationships strong. In this class, participants will take part in interactive and lively discussions on the misconceptions of relationships, the meaning of fulfillment, the importance of communication, and the real definition of happiness. This class will conclude with the key ingredients for a successful relationship and create an action plan to strengthen our relationships and recognize areas we can improve upon.

August 14: The 5 Buckets Principle: The 5 Principle is the science of work-life balance to fill the five buckets of finances, friends and family, work, health, and community. In this fun, interactive seminar, participants will learn the 5 Buckets Principle to obtain the tools to prioritize what is truly most important in life. Participants will leave this course equipped to think about the big picture of life while paying attention to the details that matter most, while learning how to manage their time to enjoy life and the people who make it special.

September 11: Mind Over Money: This session is designed to provide participants with the information and tools to better understand how their thoughts impact their financial behaviors. This interactive class will ask participants to examine and share personal history with money and how money impacts our emotions. Together, we will discuss healthy and unhealthy attitudes about money, as well as best practices in making rational financial decisions.

October 9: Political Anxiety: Political divisions and anxiety have recently impacted our world in a way many of us have never before experienced. Regardless of our political affiliation, there are ways to avoid this stress, and not be fearful of family gatherings turning confrontational over politics. This course offers participants the strategies to acknowledge our differences, identify the areas of our lives that we can control, and engage with each other in a respectful way that mitigates political anxiety.

November 13: Holiday Survival Guide: For many, the holiday season is a wonderful time for celebration, family gatherings and joyful memories. For others, it's a time of sadness and, possibly, a feeling of being overwhelmed. In this seminar, participants examine sources of holiday stress and learn strategies for coping and managing their emotions, time, relationships, and finances. Participants will also share ideas for organizing holiday tasks, managing holiday demands, and explore the role of holiday traditions in our lives.

December 11: The Connection Between Exercise and Mental Health: Daily exercise is proven to have a positive impact on our physical and mental health. In this class, participants will learn about the benefits of exercise to our immune system, the ability to reduce our risk for contracting disease, and lowers our stress levels. Explore how to get started on a healthy path towards improved mental health, and how to stay motivated to reach your goals!

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