

State of Wisconsin Employee Wellness Webinars

Please join us for an upcoming webinar with one of our trusted well-being partners. Click each title for course details and registration.

JANUARY - MARCH 2026

DATE	TIME	EVENT	HOST
Ongoing	On-Demand	Well Wisconsin Radio Podcasts	Well Wisconsin
Ongoing	On-Demand	Well Wisconsin Recorded Webinars	Well Wisconsin
Ongoing	On-Demand	Group Fitness Classes	Well Wisconsin
Ongoing	On-Demand	EAP Recorded Webinars	EAP
Every Tuesday	11:40am – 12:00pm	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
Every Thursday	11:00am – 11:40am	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
Varies		January Well Wisconsin Events	Well Wisconsin
January 7	10:30am-11:15am	Getting to Know Your EAP	EAP
January 14	12:30pm-1:30pm	Creating an Annual Well-being Plan	EAP
January 16	9:00am-9:45am	Getting to Know Your EAP for Managers	EAP
January 16	11:00am-12:00pm	Personal Finance Bootcamp- Session #1	EAP
January 21	11:30am-12:30pm	Today's Family: Challenges and Changes	EAP
January 22	1:00pm-1:45pm	Getting to Know Your EAP	EAP
January 27	11:30am-12:15pm	Getting to Know Your EAP for Managers	EAP
January 28	11:30am-12:00pm	Explore Elevate Wisconsin: Platform Demo with New Enhancements (Financial Well-being)	DFI
Varies		February Well Wisconsin Events	Well Wisconsin
February 4	12:00pm-12:45pm	Getting to Know Your EAP	EAP
February 4	2:00pm-2:30pm	Explore Elevate Wisconsin: Platform Demo with New Enhancements (Financial Well-being)	DFI
February 5	10:00am-10:30am	Explore Elevate Wisconsin: Platform Demo with New Enhancements (Financial Well-being)	DFI
February 9	11:00am-11:45am	Getting to Know Your EAP for Managers	EAP
February 11	11:00am-12:00pm	2026 Well-being Series for Leaders: B4 Stage 4	Enterprise Wellness
February 11	12:30pm-1:30pm	The Power of Kindness in Trying Times	EAP
February 17	11:00am-11:45am	Getting to Know Your EAP	EAP
February 19	11:00am-12:00pm	Personal Finance Bootcamp – Session #2	EAP
February 24	11:00am-12:00pm	Stress Management for High Burnout Professions	EAP
February 24	2:30pm-3:15pm	Getting to Know Your EAP for Managers	EAP
Varies		March Well Wisconsin Events	Well Wisconsin
March 5	9:00am-9:45am	Getting to Know Your EAP	EAP
March 10	10:00am-10:45am	Getting to know Your EAP for Managers	EAP
March 11	12:30pm-1:30pm	How to Communicate Effectively	EAP
March 19	11:00am-12:00pm	Personal Finance Bootcamp – Session #3	EAP
March 24	11:00am-12:00pm	Healthy Kids	EAP
March 25	1:00pm-2:00pm	Mindfulness for Stress Relief	Enterprise Wellness

Updated December 2025

Need help with a link? Contact us at wellness@wisconsin.gov



State of Wisconsin
Employee Wellness

Additional webinars (live and on-demand) and podcasts available:

- [Department of Employee Trust Funds \(ETF\) Webinars and Events](#): Live webinars and in-person events on state health benefits, retirement, and saving and investing.
- [State of Wisconsin Investment Board \(SWIB\) Podcasts](#): Podcasts provide members of the Wisconsin Retirement System (WRS) with timely information about the investments in the WRS.
- [Summit Credit Union Webinars](#): On-demand webinars on a variety of financial related topics.
- [UW Credit Union](#): In-person and online webinars on a variety of financial related topics

Note: Every effort has been made to ensure this information is current and correct. Information on this page does not guarantee enrollment, benefits and/or the ability to make changes to your benefits.

