

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.

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