



2018 Webinar calendar

Employee webinars

January

January 10 | [Growing Your Resilience and True Grit](#)

Do you ever wonder what makes some people able to bounce back from adversity and reach their long-term goals, while others struggle? The answer might be resilience and grit. This webinar will describe the differences between resilience and grit, characteristics of resilient and "gritty" people, the benefits of building these skills, and how to grow your resilience and true grit.

February

February 14 | [How to Minimize Conflict in Your Work Life](#)

Navigating work relationships is a critical part of workplace success. Have you ever wished yours were more positive, fulfilling and less conflictual? Join this webinar to learn practical, proactive strategies to improve and build healthier work relationships including valuing diversity, emphasizing listening, spending quality time, and not fearing issues and problems, but embracing them with acceptance and solutions.

March

March 14 | [Media Literacy and "Fake News"](#)

Wondering how to determine if what you hear or read from the media is accurate? If so, join this webinar, which will define media literacy, the problem with insufficient media literacy, how people struggle in their consumption of media, methods of manipulation/distortion, and what to do to increase your own and potentially others' media literacy.

April

April 11 | [Relationships and Money](#)

Statistics say that money problems negatively influence our relationships. In this webinar, you will receive the tools for and confidence in removing stress and frustration from your money conversations, including how to assess your personal history with money, best practices for marriage and money, teaching children about money, and establishing ground rules with family.

May

May 9 | [Mental Health Awareness: What You Need to Know](#)

One in five U.S. adults experience mental health issues, so chances are it will impact you or someone close to you. In this webinar, you will learn the difference between mental health and mental illness and how to recognize the warning signs. You will also learn how to help yourself or others with mental health issues and gain resources for promoting mental health.

June

June 13 | [How to Manage Bullying in the Workplace](#)

If you've ever experienced a workplace bully, you know how challenging it can be. Join this webinar to learn how to handle bullying at work. You will learn the definition of workplace bullying, personality traits of bullies and targets, overt versus covert bullying, the social relationship between bullies, their targets and observers, and ways to manage bullying behavior both for the bully and for the target.

July

July 11 | [Helping Kids and Teens Recognize and Manage Stress](#)

So much emphasis today is placed on teaching adults healthy stress management. This is a good thing! But, what can we do for the stressed kids and teenagers in our world? Attend this webinar to gain valuable information on common stressors of kids and teens, how kids and teens experience and show stress, stress management practices, and ways to engage kids and teens in managing their stress.

August

August 8 | [Practicing Mindfulness in the Workplace](#)

In the workplace, you may often feel pulled in multiple directions. This pull can include constant distractions and multitasking, which may affect your ability to reach your goals. In this webinar, you will learn what mindfulness is, how it applies to the workplace, how mindfulness can impact the workplace, and ways to use this skill to help you be successful at work.

September

September 12 | [Substance Abuse: The Facts, the Myths, and the Solutions](#)

Substance abuse and addiction is a significant health issue impacting our communities, workplaces, and families today. This webinar will examine latest substance abuse facts, including the opiate crisis; information about lesser known commonly abused substances; treatment trends including community-level actions with positive impact; and what to do if you or someone close to you needs help, including available support resources.

October

October 10 | [Work and Personal Life—Setting Goals to be Effective in Multiple Areas of Your Life](#)

Balancing work, family, and social activities can be difficult. This webinar will examine lining out what you need to manage in your life; prioritizing your life commitments; goal setting, and tools to help you become competent at life management.

November

November 14 | [Estate Planning; Financial Basics](#)

Some believe there is no need for estate planning until they reach a certain age. Others believe it's only for the wealthy. The truth is that it's wise for everyone to start the estate planning process as early as possible. This webinar will review estate planning benefits such as: ensuring affairs will be properly taken care of, defusing potential family conflicts over assets, specifying who will care for minor children, and minimizing estate and other transfer taxes.

December

December 12 | [Starting the New Year Tobacco Free!](#)

Have you been thinking about giving up tobacco? There's no better time than the present! Why not start off this New Year tobacco free? Join us for a webinar that will describe the history of tobacco and addiction, benefits to quitting tobacco use, tips to help you quit, and how to develop an action plan to quit.

Manager webinars

March

March 28 | [How to Stimulate a Conflict-Free Work Environment](#)

Would you like your relationships with employees, colleagues, and leaders to be more positive, productive and less conflictual? Join this webinar to gain practical, proactive strategies emphasizing valuing diversity and kindness, the power of listening and spending quality time, the impact of adopting an approach of acceptance, and focus on solutions in the face of workplace problems and confusion.

June

June 27 | [Practicing Mindful Leadership](#)

As a leader, you have to juggle multiple responsibilities, such as evaluating performance, delegating, and keeping a budget. However, there's more to leadership than just completing the tasks. One way to become a more effective leader is to practice mindfulness. This webinar will define mindfulness and how it pertains to leadership, why mindfulness is important in the workplace, how to put mindfulness into practice in your leadership role, and ways to encourage employees to be mindful at work.

September

September 26 | [The Next Generation: Supporting Transgender Employees in the Workplace](#)

Today's workforce is increasingly diverse and complex. Leaders face challenges like never before to promote respectful and supportive environments for everyone, including transgender employees. In this webinar, managers, supervisors and Human Resource professionals will learn the latest professional and appropriate language and behaviors when interacting with or supporting individuals across the gender spectrum. Common workplace concerns of these employees including the transitioning process will be discussed as well as practical support resources and strategies shared.

December

December 5 | [From Stress to Success: Management Strategies to Reduce Employee Stress and Maximize Productivity](#)

Job stress is a normal and expected part of work. However, if not managed properly, it can lead to negative consequences. Join this webinar to learn common sources and types of job stress, stress signs and symptoms, effects of uncontrolled stress, reasons managing workplace stressors is important, and management approaches to prevent and mitigate work stressors including available EAP resources and benefits.