

2020

Webinar calendar

Employee webinars

JANUARY

Wednesday, January 8

[Emotional Muscle Part Two: How to Grow Resilient School-Age Kids and Become Stronger Parents](#)

Objectives:

1. Define emotional muscle and how it pertains to resilience
2. Describe why it's essential for kids and teens to build their emotional muscle
3. Learn ways to help kids and teens develop emotional muscle and bounce back from difficulties

FEBRUARY

Wednesday, February 12

[Mindfulness: The Life-Changing Practice for Living a Happier, Healthier Life](#)

Objectives:

1. Discover the many benefits of mindfulness
2. Discuss various practices and programs
3. Learn how to incorporate mindfulness in your day to day life
4. Experience the power of being present

MARCH

Wednesday, March 11

[Thriving in a Multigenerational Workforce](#)

Objectives:

1. Describe the five generations currently in the workplace
2. Learn how each generation impacts the workplace
3. Identify tips to help you navigate the multigenerational workforce

APRIL

Wednesday, April 8

[Budgeting, Relationships and Life Events](#)

Objectives:

1. Discuss how to create financial wellness
2. Learn financial wellness growth opportunities
3. List four crucial financial issues to discuss in relationships
4. Describe life events that change financial plans and how to handle them

MAY

Wednesday, May 13

[Mental Health First Aid, An Overview](#)

Objectives:

1. Learn about mental health conditions, types of crises and risk factors
2. Identify the components of a Mental Health First Aid plan
3. Understand the different types of mental health treatments and support systems
4. Receive additional resources including personal self-care strategies

JUNE

Wednesday, June 10

[The Life-Altering Effects of Practicing Mindful Self-Compassion](#)

Objectives:

1. Define mindful self-compassion (MSC) and why it's important
2. Understand the three basic elements of self-compassion
3. Describe barriers to self-compassion
4. Learn practical techniques for developing MSC

All webinars are held 1:00 pm – 2:00 pm Central Time.

JULY

Wednesday, July 8

[A Stress Relief Toolkit—Tips and Tools for Managing Stress](#)

Objectives:

1. Learn how to shift our mindset around stress
2. Understand how to work with our body's alert system
3. Practice changing our internal conversation
4. Create practices and rituals to regulate stress

AUGUST

Wednesday, August 12

[Improve Your Credit](#)

Objectives:

1. Explain why credit is so important and what your FICO means
2. Learn about credit restoration and debt rebalancing
3. Describe key steps to rebuilding your credit and how to repair credit after bankruptcy

SEPTEMBER

Wednesday, September 9

[The Opioid Crisis: How We Got Here, Where We Are Headed, What We Can Do](#)

Objectives:

1. Receive an Opioids 101 overview
2. Discuss 'the perfect storm', how we came to be in a crisis
3. Explain opioid addiction in the brain
4. Learn current relevant statistics
5. Understand the vital role of the drug Naloxone and prevention

OCTOBER

Wednesday, October 14

[How to Thrive This Holiday Season](#)

Objectives:

1. Identify why the holidays are more stressful than other times of the year
2. Explain coping skills and boundary setting
3. List additional resources

NOVEMBER

Wednesday, November 4

[Avoiding Caregiver Burnout](#)

Objectives:

1. Learn the symptoms of caregiver burnout
2. Discuss situations and circumstances which can lead to burnout
3. Identify ways to prevent caregiver burnout

DECEMBER

Wednesday, December 9

[Exploring Habits for Positive Behavior Change](#)

Objectives:

1. Discuss why behavior change is difficult and how habits are formed
2. Identify ways to form new habits and eliminate bad habits
3. Describe how to manage habit slipping and procrastination
4. Learn methods to track habits for positive behavior change

Manager webinars

MARCH

Wednesday, March 25

[Bullying in a Team Environment and the Effects on the Bottom Line](#)

Objectives:

1. Define what overt and covert bullying are, common bully traits and the role of power in a bullying situation
2. Discuss who the bully targets and common traits of people who are targeted
3. Understand the current research on what makes companies successful and the role power plays in this equation
4. Describe the relationship between bullying and the bottom line and why good employees stay

JUNE

Wednesday, June 24

[Managing the Unexpected: Responding to Workplace Crisis](#)

Objectives:

1. Identify types of workplace crises and reactions employers might see
2. Discuss strategic support after a crisis including the value of Critical Incident Response for employees, management and the organization
3. Explore starting the recovery process for employees and the organization
4. Learn how to plan for employee return to work after a crisis and anniversary date considerations

SEPTEMBER

Wednesday, September 23

[Mental Health, Substance Use and Suicide Prevention Awareness for Leaders](#)

Objectives:

1. Learn the facts about mental health, substance use and mental illness
2. Recognize warning signs of mental illness, substance use, suicide and work performance concerns
3. Learn how to help and respond to mental health issues, substance use, work performance concerns and emergency situations
4. Receive additional information on manager, supervisor and human resource responsibilities and specialized resources

DECEMBER

Wednesday, December 2

[Responding to Negativity and Anger in the Workplace](#)

Objectives:

1. Identify common characteristics and behaviors of negative and angry employees
2. Understand the importance of intervention, especially for leaders
3. Learn tips and strategies for combating negativity and anger
4. Receive additional helpful resources

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