

# 2021 Work-Life Webinar Calendar

Each month, the EAP features a free 45 to 50 minute recorded webinar with a subject matter expert. Webinars are featured on your Personal Advantage homepage. You can login to the site at any time during the month the webinar is featured to view and submit questions.

MONTH	TOPIC	DESCRIPTION
JAN	What Stress and Diet Have in Common	In this session, we will learn the difference between normal and chronic stress and the effects of chronic stress on our hormones. You will learn stress management strategies and tips for eating healthy when stressed.
FEB	Calm Down: Meditation and Relaxation Guide	In this seminar, we'll review some of the most popular relaxation tools and how to integrate them into our busy lives. We'll discuss how to find and make time, even if you think you're totally overbooked already!
MAR	Stress Relief for Caregivers	This session will provide a series of simple steps to reduce your stress and avoid burn-out, including relaxation techniques, healthy sleeping habits, healthy coping skills, and building a system of support.
APR	Living Debt Free	This webinar is an interactive session that teaches how to break the chain of debt, so you can start building wealth and enjoying life. We will walk you through the process step by step, so you can start living debt free.
MAY	Healthy Connections	This session will review some simple steps for enhancing a sense of connection. We'll learn how some very small, sustainable changes can make a huge impact on both physical and emotional well-being.
JUN	Innovative Decision Making: Problem Solving	Join us for this experiential workshop and learn to: utilize multiple ways of thinking, frame problems as questions, use generative brainstorming, and suspend judgement in solving old problems in new ways.
JUL	Respect at Work	This session will discuss how to make sure your workplace is respectful of all employees and introduce strategies for both managers and employees to learn and maintain the respect we all want and deserve.
AUG	Social Media for Parents	Learn how to keep an open line of communication regarding your child's activity online, establish privacy, set proper boundaries, and monitor healthy usage.
SEP	Bullying at Work	Learn the strategies for responding to bullying, protecting yourself from bullying, what steps to take if bullying does not stop, the emotional impact of bullying, and what resources are available.
OCT	Building Effective Teams in the Digital Workplace	Interactive activities will show participants how to keep flexible and remote employees engaged and productive by leveraging technology, improving communication and implementing accountability.
NOV	Reclaim Your Joy	This fun, engaging seminar will help you tune in to what's most important and make a simple plan for incorporating more joy into your daily routine.
DEC	How to Have Difficult & Sensitive Conversations	Whether it's asking your boss for a raise or telling your mother you're not coming home for the holidays, you can improve your confidence, clarity and kindness.