

# 2024 EAP Wellness Webcasts

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LIVE	SEMINAR	TOPIC
JAN 10	Ditch Your Excuses! Commit to a Healthy Lifestyle	"I'll start tomorrow!" We all use excuses to justify choices, especially about what we eat or how we exercise. Learn how to overcome them for a healthier lifestyle.
JAN 17	Emotional Fitness: Practicing Self-Compassion	Are you hard on yourself when things don't go right? Discover how turning self-judgment into self-kindness can help you navigate challenges more effectively.
JAN 24	Not All Stress Is Created Equal	Stress is universal, but how we react and respond is personal. Explore factors that shape your stress "style" and get targeted coping strategies.
FEB 7	The Power of Connection: Healthy Relationships	Science tells us that social connections are crucial to well-being. Join us to talk about what a meaningful relationship looks like and how to build them in your life.
FEB 21	Managers: The Challenge of Organizational Change	Leading through change can be one of your toughest jobs. We'll share strategies for supporting employees and maintaining your own balance during a change.
MAR 6	Endings & Opportunities: The Power of Acceptance	Life is full of curveballs, closed doors, and unexpected endings. Learn how acceptance can reduce stress and help you open the door to new opportunities.
MAR 20	Taking Charge of Your Health Care	From choosing a doctor to evaluating fees to understanding preventive care, staying well can be confusing! This seminar can help you get up to speed.
APR 3	Dreaming of a Good Night's Sleep	Having trouble getting the sleep you need to feel refreshed? We'll take a look at factors that can disrupt sleep and share tips to help you reclaim your ZZZs.
APR 17	Emotional Fitness: Embracing Empathy	Empathy is a superpower when it comes to supporting others... and ourselves! Join us to learn how to cultivate the skills and mindset. And try putting it into practice.
MAY 8	Beating Burnout for Managers	Are you burned out at work? What about your team? Find out how to spot the signs of burnout and review proactive strategies to help you get ahead of it.
MAY 22	Minding Your Mental Health	When investing in your health, don't forget mental health! Learn how self-care contributes to vitality and the role professional support can play. <b>English &amp; Spanish</b>
JUN 5	Thriving in Challenging Economic Times	Feeling the sting of a tough economy? Our financial expert will discuss how to reduce the strain, make budget adjustments, and tap helpful resources.
JUN 19	Eat Well to Feel Well: Food and Your Mental Health	Studies show a direct relationship between what we eat and how we feel. We'll dig into the connection and share how to put a mood-boosting diet into practice.
JUL 10	Emotional Fitness: Activating Assertiveness	How often do you say yes when you really want to say no? Join us to explore what assertiveness is, the practical/emotional benefits, and how to build this skill.
JUL 24	Civility and Respect at Work	When disrespectful actions and attitudes creep into the workplace, everyone suffers. Learn how to respond effectively and restore respect. <b>English &amp; Spanish</b>
AUG 7	Navigating Back-to-School Challenges	Going from the lazy days of summer back to the structure and challenges of school can be hard on everyone. Find out how you can ease the transition.
AUG 21	Everyday Mindfulness	A mindful perspective has the power to reduce your sense of stress and boost your spirit. We'll talk about simple ways to weave it into everyday life.
SEP 4	Suicide Awareness for Managers	Suicide is a difficult topic, but one that's vital to discuss. Learn about risk factors, common warning signs, and how to respond if someone is struggling.
SEP 18	Age is Just a Number: 50 and Beyond	50 is the new 30! Or is it? Aging brings new challenges, but also new opportunities. Discover the many ways you can make the most of this stage of life.
OCT 2	Coaching in the Workplace for Managers	Looking for a way to boost performance on your team? Have you considered coaching? Explore when and how to apply a coaching strategy and key skills.
OCT 16	Relationships & Money	Money matters can trigger strong emotions. We'll discuss how this impacts our relationships and share best practices to improve communication with others.
NOV 6	Emotional Fitness: Dealing with Difficult Emotions	Though we may wish difficult emotions away, addressing them is more effective. Learn how emotional awareness, acceptance, and coping skills can help.
NOV 20	Caregiving 101	It's easy to underestimate the impact of this often-challenging role. We'll discuss best practice basics that can help ease the pressure and boost your resilience.
DEC 4	Work and Personal Life: The Balancing Act	Family, friends, work, hobbies – how do you make it all work? We'll move past the idea of "balance" to explore realistic strategies to build the life you want.

**All seminars are one hour and take place on Wednesdays at 2 pm ET / 1 pm CT / 11 am PT.  
On-demand replay will be available starting 1 hour after the live presentation.**