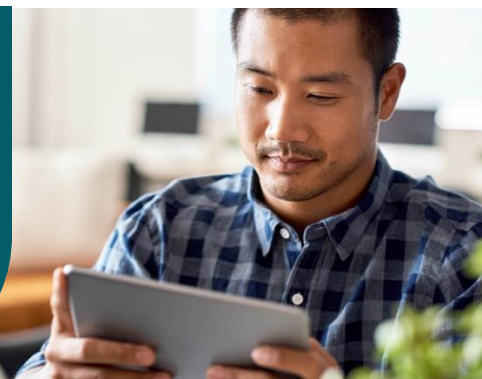


+ 2025 EAP Wellness Webcasts

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LIVE	SEMINAR	TOPIC
JAN 8	Making Meaning of the Everyday	Does the "daily grind" leave you feeling unfulfilled? Explore how small mindset shifts can help us tap into a sense of meaning as we go about our "ordinary" life.
JAN 15	Bridging Divides: Beyond Agree to Disagree	We're each entitled to our opinions and beliefs, but what about when they clash with those of others? Explore reaching across divides to respectfully engage.
JAN 29	Wellness One Notes: Micro Moves for Better Health	When it comes to making healthy changes, mini moves can deliver big results. From sleep strategies to social connections, find your small steps to wellness.
FEB 12	Managers: Strengthening Your Team	Your team works, but does it work well? Discuss how to manage challenging work styles to improve dynamics and bring out the best in your team.
FEB 26	Practicing Positivity at Work	We all play a role in building a positive, supportive culture at work. Explore the impact of unconscious bias, personal positivity, and effective communication.
MAR 12	When Mood Meets Food: Strategies for Stress Eaters	Do you find yourself eating to calm your feelings or when feeling anxious? Learn to recognize your stress eating triggers and get strategies to react differently.
MAR 26	Effective Time Management	There'll never be more than 24 hours in a day. Do you spend yours wisely? Join us for tips on how to maximize your time while reducing stress.
APR 9	Stress Management 101	You may not be able to avoid stress, but you can choose how you respond to it. Explore your triggers and strategies to change your reactions. English & Spanish
APR 23	Balancing Your Financial & Emotional Wellbeing	Money challenges and stress go hand in hand. Take control with strategies for common concerns, including helpful resources and professional support.
MAY 7	Managers: Mindful Leadership	Join us in exploring how the attitudes and actions of mindfulness can positively impact performance and help you lead with authenticity and compassion.
MAY 21	Why We Worry and What to Do About It	We all worry, but do you worry about worry? We'll share insights and strategies that can help you cope with and control worrisome thoughts.
JUN 4	EQ and You: Connect for Success	Emotions don't stop at the office door. Learn how you can make them work for you not against you by building your emotional intelligence.
JUN 18	Celebrating Diversity: The Power of Authenticity	Being our authentic selves can be challenging, but it's an effort that can help us live fuller lives and support inclusive spaces. Explore how to be the true you!
JUL 9	Refresh, Refocus, Relax: Techniques that Work	How do we release tension and reclaim balance in our busy days? Join us to discover techniques that trigger the body's natural relaxation response.
JUL 23	Presenting Your Best Professional Image	Does your professional image stand out? It's more than just your appearance. Learn ways to be your best in everything at work. English & Spanish
AUG 6	#Adulting: Surviving to Thriving	Transitioning to adulthood can bring stressors, but money doesn't have to be one of them. Gain tips for budgeting, saving, investing, and managing debt.
AUG 20	Managers: Critical Incidents and the Workplace	What is your role when a traumatic event impacts your workforce? Learn helpful moves and review supportive resources available when crisis hits.
SEP 10	Living with the Threat of Violent Attacks	Violent mass tragedies, far away or close to home, leave us feeling many strong emotions. Explore how to manage thoughts in the aftermath and beyond.
SEP 24	Healthy Eating for Kids	Do you worry about your child's eating habits or weight? Join us to learn how you can help them build a healthy relationship with food and fitness.
OCT 8	Understanding Depression	What causes depression? How can you tell if you have it? What can help? Join us for a candid conversation and clear answers to your questions.
OCT 22	Managers: Depression in the Workplace	Let's talk about depression and workplace impact. We'll discuss how you can respond and review resources you can share.
NOV 5	Spread Too Thin: Life in the Sandwich Generation	Caregiving for aging loved ones AND your family can stretch you to the breaking point. Get tips for managing the challenges and staying well in the "sandwich."
NOV 19	Conversations About End of Life	It's natural that death is a topic we'd rather avoid. But opening up can be the key to making end-of-life choices that enhance its quality. Join the conversation.
DEC 3	Holiday Happiness: Don't Let the Humbugs Bite	Do the holidays get you down? Do you sometimes wish you could skip them altogether? Healthy coping strategies can help you find joy in the season.



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.