

# BalancedLiving

## 2020 Monthly Webinar Calendar

Each month, the EAP features a **45 to 50 minute recorded webinar** with a subject matter expert. Webinars are featured on the **WorkLife Resources** 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	Mindful Meal Planning	In this fun and informative workshop, you will learn how the simple strategies of meal planning can save them time, stress, and money when it comes eating healthy.
FEB	Understanding Forgiveness	In this webinar, we'll discuss how holding onto anger hurts us, how anger and resentment manifest in our minds and bodies, and how to take concrete steps towards lasting forgiveness.
MAR	How to Have a Professional and Respectful Workplace	In this webinar, we will focus on what it means to be a professional and address negative behaviors. We will discuss how to respectfully communicate with one another.
APR	Birth Order: Behavioral Traits that Affect Your Life and Work	In this webinar, we will learn how our birth order affects our behavioral style, how it affects us at work, and how it affects our relationships.
MAY	Identity Theft: What Can You Do About It?	In this webinar, you will learn what identity theft is and how to prevent it. What you should watch out for in your email? What about suspicious text messages?
JUN	Diversity in the Workplace	For your organization to succeed, everyone needs to be on the same page and working towards the same goal. This training is designed to assist in creating cultural awareness and inclusion for all employees.
JUL	The Sandwich Generation: Multi-Generational Caregiving	This webinar will review the phenomenon of the sandwich generation and how we can better manage the needs of our changing families.
AUG	Stay Motivated: Tips for Leveraging Your Super Power	This webinar will teach the 3-part theory of human motivation. You'll identify your motivational style (e.g. your super power!) and learn strategies that will keep you motivated so you can achieve any goal.
SEP	Fixing Our Broken Sleep	This hands-on presentation has helped many people to begin getting better sleep almost immediately. Guided relaxation exercises teach techniques for initiating sleep and returning to sleep.
OCT	Saving for the Future	In this webinar, you will learn how to utilize Emotionally Charged Saving techniques that will motivate you to set and keep your savings goals.
NOV	Top Social Issues for Teens in Today's World	Join us for a discussion about signs to look for in your teen and how to help them deal with today's pressures.
DEC	Embracing Life's Challenges: Expected and the Unexpected	This webinar will provide encouragement and resources necessary to "reboot" by using thought provoking ideas and examples to guide the audience to ultimately embrace the hardship and face the future.

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