

2017 Member Assistance Program wellness webinar calendar



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	Monthly theme	Monthly webinar title	Webinar description Join us for these introductory webinars on work-life topics.
JAN	Mind your money Insuring your financial well-being.	Maintaining Personal and Fiscal Resiliency During Tough Economic Times Available on demand starting Jan 17	Learn how to develop a “stress plan” to visualize a more positive financial future. Understand the process of prioritizing your needs and exploring the full extent of your assets.
FEB	Ignite a spark Expand your life through creativity.	Creativity 101 Available on demand starting Feb 21	“Creativity is putting your imagination to work, and it’s produced the most extraordinary results in human culture.” Ken Robinson. Learn to tap into your creativity and apply it in all areas of your life.
MAR	Accentuate the positive Taking a more mindful approach.	Disrupting Negative Thoughts Available on demand starting Mar 21	It’s not negative thoughts themselves that are the issue; rather, it’s when we believe those negative thoughts. Learn how to gain control over negative thoughts and turn them into positive ones.
APR	Staying power Resiliency skills for caregivers.	Compassion Fatigue: Increasing Resiliency Available on demand starting Apr 18	Caregivers often take on the emotions of those they help or rescue. After understanding how compassion fatigue can develop, you’ll learn specific strategies to reduce stress and to develop resilience.
MAY	#Happiness Creating support environments for children.	Raising Well-Adjusted Kids Available on demand starting May 16	Review the current research and science behind raising well-adjusted kids. Learn tips to foster positive mental health in the children and teens in your life.
JUN	Going the distance The path to total well-being.	Emotional Support: Staying Balanced in a Changing World Available on demand starting Jun 20	Change impacts all aspects of life. Every change brings a chance to self-improve or self-destruct. This session explores how people who know how to manage change have more successful lives.
JUL	Mixology Celebrating the multigenerational workplace.	Managing in a Multigenerational Workplace Available on demand starting Jul 18	Identify the characteristics and key motivational factors of each generation. Explore commonalities and discuss differences to build strong teams while bridging the generational gap.
AUG	Saying goodbye Honoring the process of grief and loss.	Bereavement: Coping with Loss Available on demand starting Aug 15	Grief and loss trigger conflicting emotions. Explore your own reactions to loss, from a death to divorce. Learn why some people are stuck in a “grief rut” as you discuss more healthy ways to grieve.
SEP	TMI Find your way to the right resources.	Information Overload Available on demand starting Sep 19	Managing the enormous amount of information that’s thrown at us is difficult. Understand what contributes to information overload and apply tips and tools for effectively managing information.
OCT	Energy boost An active approach to well-being.	Improve Your Health with Ergonomics and Frequent Movement Available on demand starting Oct 17	Sedentary behavior is the fourth leading risk factor of death for people all over the world. Learn to incorporate frequent desk exercises and movement into your day. Additionally, learn proper ergonomic tips to help ease job stress and reduce chronic injury.
NOV	Gratitude adjustment Appreciating all that is good.	The Mind-Body Connection Available on demand starting Nov 21	Keeping the body relatively calm is crucial to well-being and optimal health. Becoming aware of how your body feels when it’s under stress is important to maintain a relaxed and calm state.
DEC	Fusion forward Embracing a multicultural workplace.	Diversity in the Workplace: Maintaining an Inclusive Environment Available on demand starting Dec 19	Each member of the workforce brings unique skills, background, and experience vital to successful organizations. A diverse workforce is a rich source of creativity and problem-solving.

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