

# 2023 Live webinar calendar

## Employee webinars

Webinars begin at 1:00 pm CT and are 45 minutes long. They are recorded and posted to your member website.

### JANUARY

Wednesday, January 11

#### [Mindfulness: Finding Your Purpose and Vision in a Changing World](#)

- Define mindfulness
- Identify your unique gifts, talents and interests
- Discuss techniques to maintain your life purpose

### FEBRUARY

Wednesday, February 8

#### [Maintaining Positive Relationships](#)

- Explain healthy relationships
- Identify the components of maintaining positive relationships
- Describe the importance of positive relationships at work and steps to deal with conflict

### MARCH

Wednesday, March 8

#### [Self-care Isn't Selfish](#)

- Describe how to prioritize self-care
- Learn how to create emotional balance in your life
- Identify ways to incorporate self-care into your daily routine

### APRIL

Wednesday, April 12

#### [Financial Setback? Regroup & Rebuild\\*](#)

- Assess where the financial setback occurs (income or expenses)
- Rebuild your finances in multiple areas
- Practice steps to address behavioral changes and prevent future setbacks

*\*This webinar is 60 minutes.*

### MAY

Wednesday, May 10

#### [Managing Life's Micro-Stressors](#)

- Define micro-stressors
- Identify common sources and causes
- Describe techniques to manage micro-stress

### JUNE

Wednesday, June 14

#### [Rediscovering Joy at Work](#)

- Understand what motivates you at work
- Explore ways to build your strengths into each day
- Learn how to focus on your professional growth

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## **JULY**

Wednesday, July 12

### [The Pursuit of Happiness Using Positive Psychology](#)

- Define happiness and the role of positive psychology
- Discuss barriers to happiness
- Practice strategies to improve your wellbeing

## **AUGUST**

Wednesday, August 9

### [Parenting with Your Best Self](#)

- Describe how to model positive relationships
- Learn how to set boundaries
- Identify how to prioritize self-care

## **SEPTEMBER**

Wednesday, September 13

### [How to be a Mental Health Ally in Your Personal and Work Life](#)

- Define what it means to be a mental health ally
- Learn how to help someone who is struggling
- Discuss how to foster a positive environment

## **OCTOBER**

Wednesday, October 11

### [Leading an Anti-Inflammatory Lifestyle](#)

- Examine the connection between diet and mood
- Define habits that promote an anti-inflammatory lifestyle
- List foods that impact inflammation

## **NOVEMBER**

Wednesday, November 8

### [Reducing Anxiety in the Moment and Beyond](#)

- Define signs and symptoms of anxiety
- Identify skills you can develop to manage anxiety
- Describe how to implement these techniques on a day-to-day basis

## **DECEMBER**

Wednesday, December 13

### [Coping with Grief and Loss](#)

- Define grief, bereavement and mourning
- Describe the experience of grief
- Identify how to care for yourself as you grieve

# Manager webinars

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## **MARCH**

Wednesday, March 22

### [Self-care Awareness: Practicing what you Preach](#)

- Describe self-care
- Discuss why self-care is important for you and your team
- Identify ways you can take care of yourself and encourage your team to do the same

## **JUNE**

Wednesday, June 28

### [Helping Staff Find Joy at Work](#)

- Describe the link between employee engagement and workplace productivity
- List five obstacles that impact employees' joy at work
- Identify ways to create a positive environment

## **SEPTEMBER**

Wednesday, September 27

### [Promoting Psychological Safety in the Workplace](#)

- Explain how to build psychological safety
- Review how a safe space improves employee wellbeing
- Summarize best practices for a positive work culture

## **DECEMBER**

Wednesday, December 6

### [Emotional Wellbeing for Leaders](#)

- Understand the importance of emotional wellbeing to leaders and employees
- List strategies to enhance your wellbeing
- Describe ways to be a more effective leader