Sample Webinar Calendar

Webinars begin at 1 p.m. Central time and last 60 minutes. They are recorded and posted to the member website within five to seven business days.

JANUARY - Creating an annual wellbeing plan

Ready to crush your wellbeing goals without burning out by February? In this webinar, we'll walk you through 12 game-changing habits that will boost your physical, mental and emotional health all year long. You'll get to pick the ones that fit your lifestyle, and we'll even throw in some resources to help you stay on track (because we know life happens).

FEBRUARY - Take control of your finances

For many individuals and families, managing finances can be a challenge. If you reach the end of the month and feel like money controls every aspect of your life, this webinar is for you. You will learn essential skills to take control of your finances, communicate effectively about money and develop a personalized plan to achieve your financial goals.

MARCH - Getting yourself help

In challenging times, we often neglect to check in on our own wellbeing. In this essential webinar, you will learn how to evaluate your own mental health and recognize signs of anxiety, insomnia and unhealthy habits that may arise during periods of stress. We'll discuss practical strategies for maintaining self-care and provide resources for finding external help when needed. You will leave with a mental health checklist and coping mechanisms for future use, ensuring you are equipped to prioritize your wellness.

Managers - Workplace trauma

In today's world, trauma comes in many forms, and understanding its effects is crucial for creating a supportive and resilient workplace. In this webinar, you will explore the various types of trauma, including traumatic stress, PTSD, grief and organizational trauma. The webinar will focus on how trauma impacts individuals and the workplace as a whole, while providing leaders with best practices to lead with empathy, support affected team members and foster a healthy work environment.

APRIL - Being trauma informed

Trauma isn't just a chapter from the past; it's the lasting imprint that shapes our minds, bodies and behaviors. In this enlightening webinar, you will delve into the complexities of trauma, learning to recognize its signs and understand its effects. We'll explore how to create a supportive environment that empowers you to seek the resources you need and deserve. While the impact of trauma may not always be visible, we must cultivate a workplace culture of empathy and safety, allowing everyone to feel comfortable sharing their experiences.

MAY - Understanding burnout—causes and solutions

This interactive and upbeat webinar dives into the serious topic of burnout with a fresh, relatable approach. You will explore what burnout really is (and what it isn't), recognize the warning signs and understand the personal and workplace consequences of chronic stress. Through engaging activities, polls, visuals and self-assessments, you will learn how to break the burnout cycle, build resilience and create a personal action plan. With practical strategies, fun visuals and a touch of humor, this webinar empowers individuals to take back control of their well-being.

JUNE - Resiliency for the working parent

Resiliency in parenting is crucial not only for the wellbeing of parents but also for nurturing a healthy parent-child relationship. How parents respond to stressors can significantly impact their family dynamics, often more so than the stressor itself. In this insightful webinar, you will receive valuable resources to prevent burnout, develop resiliency skills and maintain a positive balance in both personal and professional lives.

Managers - Stress management for managers

Managing stress—both your own and that of your team—poses one of the biggest challenges for today's managers. In this webinar, you'll receive a comprehensive training guide designed to help you identify stressors, understand their impact on your team's morale and productivity and implement effective stress relief techniques as a leader. Additionally, this webinar will offer valuable resources to help retain top talent, ensuring your team feels valued and secure in discussing their stress with you.

JULY - Imposter syndrome

Ever wondered, "Am I good enough?" Imposter syndrome, a common experience of self-doubt and feeling like a fraud, holds many of us back from reaching our full potential. In this webinar, we'll explore practical techniques to overcome the mental and emotional barriers that keep you from owning your achievements.

AUGUST - Community and giving back: Leaving our footprints

In this webinar, you will explore the profound mental, emotional and physical benefits of giving back through service. We will address common fears and barriers to getting involved, and guide you in discovering your unique purpose within your community. By the end of this webinar, you will be equipped with practical resources, a renewed sense of motivation and a clear pathway to start making a meaningful impact in your community.

SEPTEMBER - Practical productivity

In this webinar, we will delve into how current events are influencing productivity, while also acknowledging the benefits and challenges of constant connectivity. Together, we'll discuss the impact that evolving technology has had on our work lives and explore strategies for enhancing productivity through the use of email, smartphones and other devices. You will leave equipped with practical tools to leverage technology effectively, enabling you to work smarter, not harder.

Managers - Change management for leaders

In today's fast-paced environment, effective change management is crucial for any organization. In this dynamic webinar, you will be equipped with essential tools to navigate the change process while understanding the significance of your role as change champions. We'll break down each element of change management and how it directly relates to your leadership responsibilities. You are encouraged to share your own experiences, fostering a collaborative environment where we can learn from one another.

OCTOBER - Don't forget your social life!

Juggling the demands of work and home can be overwhelming, often leaving little room for self-care, hobbies or social activities. This webinar is designed for those who feel like they're always on the clock, reminding you that fun, relaxation and personal fulfillment are just as important as your to-do list. You'll walk away with practical strategies to carve out time for the people and activities you love, while maintaining a healthier balance between your professional and personal life.

NOVEMBER - Best practices for supporting others

In this interactive webinar, you will explore effective techniques for offering support without stepping into the role of a counselor or therapist. You'll gain real-life strategies for actively listening and providing meaningful support to friends, family and colleagues. Through role-playing scenarios, you will also learn how to handle workplace dynamics in ways that resonate positively with others.

DECEMBER - Staying strong and resilient

Resiliency is the ability to withstand and quickly recover from difficulties—an essential trait for navigating both personal and professional challenges. How we respond to hardships is closely linked to our level of resilience, and in this empowering webinar, we will share effective strategies to stay strong and maintain a positive outlook. You will leave feeling empowered and equipped to face future challenges with reduced stress, armed with the tools to bounce back faster and stronger from setbacks.

Managers - Manager's guide to check-in conversations

Regular check-ins between managers and staff can serve as a vital resource for team support. In this webinar, you will gain valuable insights into fostering meaningful conversations with staff. We will discuss the critical role you play in supporting your team, particularly concerning mental health concerns, and outline appropriate questions to assess your staff's wellbeing. You will leave this webinar equipped to identify when to refer staff to other organizational resources, encourage outside support and ensure effective follow-up.