

# EMPLOYEE ASSISTANCE PROGRAM

## Webinar Series 2025

January – July

Sessions are from 12:30pm-1:30pm CST

**January 8 – Taking Control of Your Finances:** For many individuals and families, dealing with finances can be challenging. If you get to the end of the month and feel like money has control over every aspect of your life, then this session is for you. You will learn the basic skills to be able to take control of your finances. Participants will also learn how to communicate about your finances and develop a plan to achieve your financial goals.

**February 12 – Increasing Mental Toughness:** In this seminar, participants will be provided the opportunity to reflect on the challenges of the past few years, and to self-reflect on the opportunities for growth in the face of adversity. Together, we will discuss what it means to be mentally tough, how to find the positive in negative circumstances, manage ambiguity, and react with agility to change. Finally, we will dive into the importance of 'grit', defined by Dr. Angela Duckworth as 'passion and sustained persistence applied toward long-term achievement,' which is a much-needed skill for both personal and professional growth in today's world.

**March 12 – How to Cultivate Compassion and Empathy in the Workplace:** Demonstrating human compassion is fundamental to respecting others, establishing psychological safety, and is a hallmark of healthy and high performing teams. This training provides pause to embrace the incredible opportunity that's before us every day to make a positive difference in the lives of others just by showing up, tuning in, and demonstrating compassion. Together, let's learn how we can be the difference we wish to see in the world, and how this can positively impact the success of your business in the process.

**April 9 – Eating Right on the Run and on a Budget:** We've all made excuses or rationalized the need to sometimes eat "junk or "fast" food. In this seminar, participants will cover realistic strategies to eat well and with ever-rising costs in mind, including which items are worth paying a premium for, or when to purchase organic products. Together, we will learn the most important steps to eating healthy and stay within our financial means.

**May 14 – Fear and Anxiety: Moving Forward:** Fear and anxiety can cause challenges in being fully present and enjoying our lives. In this class, participants will discuss the similarities and differences between fear and anxiety, while learning how they can impact our ability to be productive and comfortable. Together, we will explore the power of harnessing our thoughts towards a pathway for successfully managing our fears and anxieties, as well as resources and coping strategies that can help us to move forward.

**June 11 – Fostering Inclusion in the Workplace:** Inclusive work environments are positive and productive environments. During this seminar, we will discuss how employees and managers can foster an inclusive workplace. Participants will learn to identify activities, attitudes, and assumptions that may exclude or marginalize colleagues. Together, we will explore ideas and activities to ensure all feel welcome and included to enrich our work environments, as well as our own personal lives.

**July 9 – Business Etiquette:** Good manners and business etiquette have always been based on common sense and thoughtfulness. Treating everyone with equal courtesy and respect can help us build more productive relationships and project a positive image and outstanding reputation in your field of business. Participants in this session will learn the best practices of etiquette in the most important business scenarios, including social events, emails, networking, and the importance of discretion.

CALL TOLL-FREE, 24/7  
1.833.539.7285

WEBSITE:  
[www.sowi.mylifeexpert.com](http://www.sowi.mylifeexpert.com)  
Code: SOWI



Register at [www.sowi.mylifeexpert.com](http://www.sowi.mylifeexpert.com)  
Code: SOWI

Scan this QR code to  
go directly to the  
website to register

