

Employee Assistance Program 2021 Webinar Calendar

12:30-1:30pm CST – 2nd Wednesday of Each Month



	THEME	DESCRIPTION
JAN 13	Leading During Uncertainty	As the pandemic continues with its many challenges, we will discuss key differences in effective leadership modalities.
FEB 10	Helping College Students to Thrive	We will discuss how you can help your student get the most out of their educational and social experience, despite the challenges they're facing right now.
MAR 10	Bias is a Four Letter Word	We all have biases, but sometimes we don't even realize them. In this session we will explore the scientific nature of bias, and how to begin to consciously overcome your biases.
APR 14	Managing Your Time While Working Remotely	Remote work is becoming the new normal, and projections are that it will continue long after Covid, but it does present some unique time management challenges. Join us to explore.
MAY 12	The Art of Active Listening	We all "hear", but often don't truly listen. In this session we will explore the differences and learn how to actively listen!
JUN 9	What's Your Learning Style	We all learn differently, but most of us are not aware of our most effective Learning Style – Join us to discover what your style might be, and how you can interact effectively with those of differing styles.
JUL 14	Managing Conflict, At Work and Home	Conflict is a normal part of every relationship, but key to managing conflict is the ability to Stop, Look and Listen... we will discuss how to identify true conflict and tactics to manage it positively.
AUG 11	Leveraging Your Vulnerabilities	Our vulnerabilities make us human, but so often we try to conceal these aspects from others when, actually, knowing, understanding and sharing vulnerabilities can lead to a more productive you, and to enhanced relationships.
SEP 8	Caring for Your Loved Ones at Home	We will discuss the many considerations when determining the best option for care, as well as share resources that can make this living arrangement safe, affordable, and enjoyable for all.
OCT 13	Prioritizing to Manage a Full Plate	Especially as year-end and the holidays approach we are often deluged with obligations and responsibilities – we don't know where to turn! We will discuss strategies for managing this "full plate".
NOV 10	LGBTQIA+ Sensitivity and Inclusion	In this session we will discuss common assumptions and biases and learn the art of being truly inclusive.
DEC 8	The Time and Stress Management Tool Kit	Especially during the holiday period, but also year-round, we are faced with so many challenges and competing priorities. Learn our strategies for doing your best to eliminate unnecessary stress, while managing your time.

**TOLL-FREE:
833-539-7285**

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