

Employee Assistance Program 2021 Webinar Calendar



| | THEME | ONLINE SEMINAR | DESCRIPTION |
|-----|---|--|--|
| | | | Seminars can be found on your home page, or you can search for them by title. |
| JAN | Reframing Your World | <i>Reframing Your World</i> Available on Demand Starting Jan 19th | Discover the practical ways to reframe your perspective to live a more present and positive life. |
| FEB | Setting Goals | <i>Setting Goals for Your Future</i> Available on Demand Starting Feb 16th | Learn how to strategically set short-term and long-term goals to help you succeed in all areas of your life. |
| MAR | Planning for Success | <i>Planning for Success</i> Available on Demand Starting Mar 16th | Explore the secrets behind being more organized and more efficient to help combat and reduce overwhelm. |
| APR | Financial Security | <i>The Steps to Financial Security</i> Available on Demand Starting Apr 20th | Understand the practical ways you can feel more secure and more stable in your finance management. |
| MAY | Addressing Anxiety | <i>Addressing Anxiety in an Uncertain World</i> Available on Demand Starting May 18th | Learn how to recognize and manage anxiety to actively combat the physical and mental effects in a practical way. |
| JUN | Healthy Relationships | <i>Building Healthy and Happy Relationships</i> Available on Demand Starting Jun 15th | Identify the ways to build and maintain healthy relationships with those around you, with a focus on the importance of boundary setting. |
| JUL | Summer Holiday | <i>Maximizing Your Summer Break</i> Available on Demand Starting Jul 20th | Learn some straightforward and effective ways to make the most of your holidays and maximize moments and memories for you and your family. |
| AUG | Building Confidence in Children | <i>Raising Confident Children</i> Available on Demand Starting Aug 17th | Attain the skills and insight to boost your children's confidence and self-esteem and help them to become empowered and resilient adults. |
| SEP | Being Present | <i>Switch on to Being More Present</i> Available on Demand Starting Sep 21st | Discover the key to being more present and actively taking the time to digitally disconnect to spend quality time with those around you. |
| OCT | Embracing Differences | <i>Embracing Diversity and Differences</i> Available on Demand Starting Oct 19th | Learn about how to live and work in a way that is respectful, kind, and embraces diversity in all walks of life. |
| NOV | Caring for Our Elders | <i>Caring for Our Elders</i> Available on Demand Starting Nov 16th | Find out more about the aging process and how to both practically and emotionally care for elderly relatives. |
| DEC | Making Time to Make a Difference | <i>Paying it Forward</i> Available on Demand Starting Dec 21st | Understand the small but powerful ways that everyone can 'pay it forward' and make a difference to the lives of others. |

TOLL-FREE:
1.800.607.1522

WEBSITE:
www.EAPHelplink.com

CODE:
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