

Live webinars
Register online

Free live webinars through your Employee Assistance Program

You're a person who puts in a lot of hours on the job and at home. While you love the idea of personal and professional development, putting yourself first always seems to come last. That's why your Employee Assistance Program (EAP) offers a quick, cost-free way to grow your mind and talents at least once a month. Check out the list of free webinars below and plan to join us. Live and pre-recorded events are available on almost any life topic. Drop in – you never know when a short lesson can make a long-term difference.

FOR ALL EMPLOYEES | 2019 Sessions at 12 PM – 1 PM & 3 PM – 4 PM ET

Paying off your student loans

JANUARY 23

Paying off student loans can drag you down. Learn about types of loans, how to manage your debt and even financial planning for your kids' education.

Communicating with your adolescent

FEBRUARY 20

Parents of teenagers can discover ways to achieve open communication, teach values and prevent arguments through this session.

Preventing employee harassment

MARCH 20

Learn how to recognize, prevent and address different types of harassment in the workplace.

Emotional intelligence for life

APRIL 24

When it comes to happiness and success, emotional intelligence (EQ) is just as important as intellectual ability (IQ). Learn how to build stronger relationships, connect to your feelings and make informed decisions.

Navigating personal challenges

MAY 22

Discover how to use your strengths, resilience and resources to sail on choppy waters with coping strategies and methods for facing challenges.

Communication across generations

JUNE 19

Discuss the strengths and challenges of a multigenerational workforce and ways to promote teamwork among them all.

Maximizing your strengths

JULY 24

Find out where you excel and how to enhance your personal strengths so you can maximize opportunities for success.

Dealing with difficult coworkers

AUGUST 21

Uncover your triggers, understand why certain personalities can be difficult to work with professionally and create practical strategies for dealing with the situations.

Mindful eating

SEPTEMBER 25

Habits of mindless eating are not easy to change. Learn how to pay attention to the experience of eating and drinking and its benefits inside and outside the body.

Talking to children about scary events

OCTOBER 23

The world can be a scary place for kids experiencing fear and anxiety. Familiarize yourself with signs of distress, comforting methods and how to answer questions about world events.

Care for caregivers

NOVEMBER 20

Caregiving can take a toll on people. Learn about compassion fatigue, vicarious trauma and burnout, and how to manage it with self-care and stress reduction techniques.

Navigating change personally and professionally

DECEMBER 18

Many adults struggle with the reality of change inside and outside of work. Examine your responses to change and improve the ways you navigate uncertainty.

Together is the way forward.

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FOR LEADERS & MANAGERS | 2019 Sessions at 12 PM – 1 PM ET

Project & strategic planning

JANUARY 16

Learn the most efficient ways to delegate and see a project through completion. Examine the stages of strategic planning and receive tools to help you get started.

Providing effective feedback

FEBRUARY 13

Giving employees feedback is essential in a leadership role, but many struggle with the confidence to do it. Examine methods for improving communication and clarity between you and your employee.

Handling harassment

MARCH 13

As a manager, you may encounter situations of reported workplace harassment. Learn how to approach the issue in a systematic way and manage allegations appropriately.

Leading with emotional intelligence

APRIL 17

Emotional intelligence is essential to strong leadership. Learn the five key characteristics that will enhance your reputation as a well-balanced leader.

Supporting employees with personal challenges

MAY 15

Everyone faces personal challenges at some point, and they can sometimes follow people to work. Review strategies to support employees dealing with mental health issues, substance use, grief and loss, etc.

Leading diverse generations

JUNE 12

Leaders often need to address generational factors in a diverse organization. Update your professional skills on how you respond to the tensions and complexities of workplace culture.

Managing introverts and extroverts

JULY 17

Introverts and extroverts can have very different work styles. Understand how to maximize the strengths and manage the challenges of each.

Managing difficult employees

AUGUST 14

Explore different scenarios of managing difficult people and how attitude and goals can be useful in managing unproductive employees.

Mindfulness for managers

SEPTEMBER 18

Discover the power of a mindful leader and how to run a more effective organization. Diagnose problems with a deeper understanding and create solutions that are sustainable and more impactful long-term.

Managing crisis in the workplace

OCTOBER 16

When employees are in crisis, it can be hard to know how to best support them while maintaining productivity. Review common reactions to crises and tips for taking care of yourself and your team during a difficult time.

Curbing rumors, gossip & teasing behavior

NOVEMBER 13

You set the tone for how people in your department treat one another. Learn how to set expectations and address behaviors that go too far when it comes to rumors and behaviors that create a hostile work environment.

Leading employees through change

DECEMBER 11

Change is inevitable in all organizations. Employees will handle change differently, and rely on their leader to guide them through the process. Learn how to effectively support your team as they adjust.

How to sign up

1. Visit **helloE4.com**
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Questions?

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Employee Sessions

12 PM – 1 PM | 3 – 4 PM ET
11 AM – 12 PM | 2 – 3 PM CT
10 AM – 11 AM | 1 PM – 2 PM MT
9 AM – 10 AM | 1 PM – 2 PM PT

Management Sessions

12 PM – 1 PM ET
11 AM – 12 PM CT
10 AM – 11 AM MT
9 AM – 10 AM PT

Share and attend these learning opportunities!

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