

## 2024 Bi-Weekly Wellbeing Webinars

All programs are held on Friday at 2-2:30pm EST.

Click on the date/program title to register.



Webinars are recorded and posted on the EAP platform [one.telushealth.com](https://one.telushealth.com) (Username; metlifeeap Password: eap) at the [Workplace Learning Webinars](#) page.

### JANUARY

#### [January 12th Today's Financial Trends](#)

Living in an era of financial uncertainty and change, it is now more important than ever to stay current on financial trends, as well as recognize which long-term financial principles are still applicable today. In this session, participants will learn the impact that inflation and the cost of living have on household budgets, protections available to you through the FDIC and NCUA, and how to consciously budget to maximize your spending power. Join this interactive session to create a personalized action plan to ensure you can adapt your financial habits to meet the moment.

#### [January 26th Dealing with Change for Families](#)

Change is inevitable in life; however, for some, changes can be harder to adapt to than for others. This seminar will equip participants with the tools they will need to successfully navigate change together as a family. In this seminar, we will discuss what big or small changes are going on in participants' lives and address what is needed to work through these changes as a family. Children, partners, spouses, and friends will all be addressed in this seminar.

### FEBRUARY

#### [February 9th Financial Fitness](#)

Even smart people with good jobs and high-paying compensation can find themselves in financial problems. This includes cash flow and debt issues that can be a daily distraction and make for 'bad' corporate and personal behavior. This course will address the personal impact of financial inaction, the effect on family, and some of the simple and small steps necessary to initiate significant change.

#### [February 23rd Compassion Fatigue](#)

For many of us, our day-to-day jobs are not only physically exhausting, but also mentally exhausting. The class will guide you through what compassion fatigue is, the signs and symptoms and real-life strategies to combat the exhaustion in our everyday lives.

## MARCH

### [March 8th Mindful Meditation](#)

In our busy, automatic pilot lives, we may find that we crave opportunities to be mindful. In this program, participants will examine the focus of mindful meditation, define it, explore what it is and isn't, identify its benefits, discuss data that supports mindful meditation and have an opportunity to practice it.

### [March 22nd Staying Connected in Today's Digital World](#)

With the advances in technology that we have today, connecting with others is right at our fingertips. However, loneliness is at an all-time high. During this training, we will look at how technology has changed our day-to-day social interactions and how these changes have affected the way we connect and interact with others. We will explore ways to use technology wisely, yet still maintain that personal touch in our relationships.

## APRIL

### [April 5th Mentally Healthy Culture: A Focus on Work Wellbeing](#)

In today's environment it is everyone's responsibility to help grow a positive work environment. This class will review the many facets of helping managers and employees understand what work today looks like. It will address the rise of mental health concerns and review the various solutions.

### [April 19th Loneliness](#)

What is loneliness? Are you lonely? How can you overcome loneliness? Loneliness is something that can affect our well-being along with our physical and mental health. All your questions, plus some very practical suggestions and tips for overcoming loneliness, will be discussed during this seminar.

## MAY

### [May 3rd Increasing Mental Toughness](#)

The goal of this seminar is to provide participants with the opportunity to reflect on the challenges of the past year, to recognize opportunities for growth in the face of adversity. 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.

### [May 17th Parenting Your Teen: Managing Conflict and Problem Solving](#)

Conflict between parents and teenagers is a fact of life. In this seminar, parents explore ways to help their teenagers resolve conflicts and establish guidelines for acceptable behavior. The goal is for your teen to become a mature young adult who can make good decisions independently, so they can manage their life in appropriate, autonomous ways.

## JUNE

### [June 14th Community and Giving Back: Leaving our Footprints](#)

Fewer things in life give us more joy than helping others. It is a feeling that provides us with purpose and meaning. But the journey to finding and participating in service can be daunting and intimidating. Sometimes it's easier to find reasons not to do anything than to do something at all. In this training you will learn the mental and physical benefits of service along with tips on how to overcome your fears to help you find purpose and get involved.

### [June 28th Perfectionism](#)

A look at this complicated topic through a critical eye, the dangers of "being perfect" are discussed. This session will be a motivational discussion on the importance of changing this behavior today. Walk away with real suggestions and strategies on overcoming perfectionism.

## JULY

### [July 12th Kindness](#)

The goal of this seminar is to equip participants with the self-reflective tools needed to define kindness in their own lives. In today's world, kindness is more important than ever before, as we struggle together to adjust and adapt to an ever-changing idea of 'normal'. We will acknowledge why empathy and emotional intelligence are essential traits for everyone, and how kindness - an act of doing good deeds towards others - is needed in the workplace and at home with our friends, families and in our communities.

### [July 26th Motivate Recognize Energize Employees](#)

This high-energy seminar will help participants create a tool bag of techniques to motivate employees and managers. We will cover self-care, positive psychology, resiliency, laughter and more! This workshop discusses how motivation and recognition leads to increased productivity. Nonmaterialistic ways to make your employees feel special and valued will also be shared.

## AUGUST

### [August 9th Bullying and Violence in the Workplace](#)

Workforce environments are experiencing increased bullying and violence. Regardless of the contributing factors (stress due to downsizing, sandwich generation issues and/or financial strains), bullying and violence deteriorates productivity. This class will discuss the warning signs and strategies for both employees and employers, to better cope with bullying and violence in the workplace.

### [August 23rd Art of Giving Feedback](#)

The objective of this course is to teach participants how to give constructive feedback. Some topics to be reviewed include the reasons to give someone feedback and why we avoid it. Participants will also learn about an effective feedback model and how to avoid value judgments.

## SEPTEMBER

### [September 6th Creating Positive Work Environments](#)

Topics covered in this seminar will be building trust, creating positive communication, setting expectations and needs, creative ideas for recognition and rewards, building teamwork, finding meaning in your work, and accepting responsibility and humor in the workplace. All these areas help foster a positive work environment.

### [September 20th De-Escalation for Managers](#)

To de-escalate, individuals are encouraged to use purposeful actions, verbal communications, and body language to calm a potentially critical situation. What does this look like? This session will discuss the actionable behaviors individuals and teams can take to identify potential issues and work towards solution.

## OCTOBER

### [October 11th Caregiving](#)

Nearly one out of three Americans is currently providing care for a family member. This class will cover the issues of self-care, how to assess your family's needs and how to maintain balance within your life. We will also discuss common emotions caregivers may experience as well as special situations caregivers may face.

### [October 25th Eating Right for Life](#)

Donuts for breakfast, candy bar for lunch? Eating on the run? Does this sound familiar? Participants in this seminar learn the benefits of nutrition, including the importance of making informed food choices to develop and maintain sound eating habits.

## NOVEMBER

### [November 8th Procrastination](#)

Do you tend to "get stuck" and put things off? Are you often faced with panic surrounding a deadline? Many of us tend to procrastinate at times, which is why it's vitally important to understand what drives your procrastination. Join us to discover why you procrastinate and learn tactics to get unstuck, just do it, and move productively forward!

### [November 22nd Overcoming Work Fatigue](#)

Working remotely has become the new normal for many employees around the world. The joys and flexibility remote work has allowed has also brought unexpected challenges that is leading to remote work fatigue. In this session, participants will discuss their own experiences and self-coping skills to address video call fatigue, social isolation, and around the clock availability with modern technology. This session will provide resources and best practices to set boundaries, incorporate socialization, and relive work fatigue while enjoying the freedoms of remote work.

## DECEMBER

### [December 6th Critical Thinking](#)

Beyond just memorizing facts or learning from rote, learning to think critically expands a person's ability to problem-solve and see things in a new way. By learning how to ask different kinds of questions, we open the floodgates to different ways of viewing concepts. This class will look at the origins of critical thinking concepts as well as applications of them in our work and private lives.

### [December 20th Holiday Budgeting](#)

We may have our finances under control during the year, but holidays can seriously send spending out of control. This class will help you avoid waking up on January 2 thinking, "how could I have spent and eaten that much!?" This motivational class teaches a skill set to keep the holidays in balance, financially.