

2024 EAP WEBINAR CALENDAR

| THEME | | ONLINE SEMINAR | DESCRIPTION |
|-------|-------------------------|--|---|
| | | Seminars can be found on your home page, or you can search for them by title. | |
| JAN | Money and Emotion | Money Matters - Navigating Emotions for Financial Wellbeing Available on Demand Starting Jan 16 | Discover how emotions can influence spending, trigger procrastination in challenging decisions, and impact your long-term financial health. |
| FEB | Be an Influencer | Positive Impact - Become the Influence Available on Demand Starting Feb 20 | Learn the art of being a positive influencer and how to inspire those around you, whether at work, at home, or in community. |
| MAR | Bonding with Pets | Best (Furry) Friends Available on Demand Starting Mar 19 | Explore the impact of pets on your life and how the presence of a pet can enhance your mental and emotional wellbeing. |
| APR | Food for Thought | Food for Thought Available on Demand Starting Apr 16 | Explore the connection between your plate and your physical health and how eating mindfully can nurture your mental wellbeing. |
| MAY | Emotional Health | Balancing Act - Strategies for Mental Health Available on Demand Starting May 21 | Explore effective strategies that can help you nurture and enhance your mental health. |
| JUN | Feeling Fulfilled | Living Well 365 - Igniting Motivation Fulfilling Life Available on Demand Starting Jun 18 | Explore strategies for self-care to improve physical health, nurture mental wellbeing, foster positive relationships, and adopt healthy habits. |
| JUL | Teenager in the House | Parenting Adolescents: Understanding Gen Z in Your Home Available on Demand Starting Jul 16 | Equip parents and caregivers with insights and practical strategies to navigate the unique challenges and opportunities with teenage children. |
| AUG | Recognition | Harnessing Positive Reinforcement for Success Available on Demand Starting Aug 20 | Discover how recognition can inspire motivation, reinforce desired behaviors, and strengthen bonds in personal and professional spheres. |
| SEP | Getting Creative | Crafting Joy: Finding Fulfillment in Creative Pursuits Available on Demand Starting Sep 17 | Discover the art of trying new things, from exploring uncharted territories to diving into fresh hobbies that ignite your passion. |
| OCT | Aging Parents | Aging Parents, Renewed Connections Available on Demand Starting Oct 15 | Transitions of aging can sometimes be challenging, yet they also offer unique opportunities to deepen our relationships and rekindle connections. |
| NOV | Humor and Relationships | Laughter Helps Available on Demand Starting Nov 19 | Discover how a good laugh can boost your mood, strengthen relationships, and unlock a wealth of other benefits in this session. |
| DEC | Tools for Life | Toolbox Talks Available on Demand Starting Dec 17 | Take inventory of the different tools you have in your figurative toolbox and look at things differently. |



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