

2026 Training Calendar

EMPLOYEE ASSISTANCE PROGRAM



	THEME	PODCAST or AI VIDEO TITLE and DATE	DESCRIPTION Podcasts or AI Videos can be found on your home page, or you can search for them by title.
QUARTER 1	The Role of Hobbies in Work-Life Balance	The Role of Hobbies in Work-Life Balance Available on Demand Starting Feb 17 Podcast	Discover how hobbies and personal interests can reduce stress, improve focus, and help you balance work and life.
QUARTER 2	Smart Money Moves: Strengthen Your Financial Know How	Smart Money Moves: Strengthen Your Financial Know How Available on Demand Starting May 19 AI Video	Build the mindset and skills to adapt, recover quickly, and thrive during transitions.
QUARTER 3	Connected Not Consumed: Digital Wellness Strategies	Connected Not Consumed: Digital Wellness Strategies Available on Demand Starting Aug 18 AI Video	Set clear boundaries with technology to enhance focus, wellbeing, and meaningful connections.
QUARTER 4	Strong Yet Struggling: Rethinking Men's Mental Wellbeing	Strong Yet Struggling: Rethinking Men's Mental Wellbeing Available on Demand Starting Nov 17 Podcast	Highlight men's roles, health, and wellbeing while fostering dialogue on gender balance.
MONTH	AWARENESS EVENTS	PODCAST or AI VIDEO TITLE and DATE	DESCRIPTION Podcasts or AI Videos can be found on your home page, or you can search for them by title.
MARCH	International Women's Day	International Women's Day Available on Demand Starting Mar 8 Podcast	Celebrate women and all their achievements, raise awareness of various topics and speak about factors affecting women in today's world.
JUNE	Pride Awareness Month	Pride Awareness Month Available on Demand Starting Jun 1 Podcast	Learn about promoting self-affirmation and equality, while increasing the visibility of LGBTQ+ people.
SEPTEMBER	World Suicide Prevention Day	World Suicide Prevention Day Available on Demand Starting Sep 10 Podcast	Raise awareness of the causes of suicide and learn about ways to prevent them.
OCTOBER	World Mental Health Day	World Mental Health Day Available on Demand Starting Oct 10 Podcast	Provide the tools and techniques to help individuals take a positive and active approach to prioritizing their own mental wellbeing.
NOVEMBER	International Stress Awareness Week	International Stress Awareness Week Available on Demand Starting Nov 2 AI Video	Discover how to practically increase levels of health and happiness by focusing on stress management and awareness.
NOVEMBER	International Men's Day	International Men's Day Available on Demand Starting Nov 19 Podcast	Raise awareness of men's wellbeing, highlight positive role models, and celebrate positive value men bring to their families, communities, and the world.

Access these titles and more at hpeap.com (contact your HR for company password)

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