

# 2026 Training Calendar EMPLOYEE ASSISTANCE PROGRAM



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

Access these titles and more at [hpeap.com](http://hpeap.com) (contact your HR for company password)

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