

EMPLOYEE ASSISTANCE PROGRAM

2024 On Demand Seminar Calendar

	THEME	MONTHLY SEMINAR	DESCRIPTION
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 for a 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.