

# 2021 Webinar calendar

## Employee webinars

### JANUARY

Wednesday, January 13

#### [Challenges of a Post-Quarantine Workplace: Adapting to the "Next Normal"](#)

*Objectives:*

1. Gain an understanding of where we've been and its effect on us
2. Discuss practical coping and adaptation practices
3. Receive information on helpful skills and practices for successful transitions

### FEBRUARY

Wednesday, February 10

#### [Mental Skills Bootcamp: Performing at Your Best!](#)

*Objectives:*

1. Develop a growth mindset
2. Maintain motivation and overcome obstacles
3. Leverage your strengths and the strengths of others

### MARCH

Wednesday, March 10

#### [Financial Planning in Uncertain Times](#)

*Objectives:*

1. Manage volatility
2. Create an emergency plan
3. Learn to take advantage of taxes
4. Create an exit strategy that outlives you

### APRIL

Wednesday, April 14

#### [Overcoming Stress and Burnout](#)

*Objectives:*

1. Define the difference between stress and burnout
2. Discuss the cause of stress and burnout
3. Learn lifestyle changes and coping strategies to manage stress and prevent burnout

### MAY

Wednesday, May 12

#### [Helping Your Teen Learn Emotional Regulation](#)

*Objectives:*

1. Learn how the teenage brain is different than any other point in development
2. Engage with your teen without conflict
3. Teach emotional regulation by example
4. Know when to seek professional help

### JUNE

Wednesday, June 9

#### [3 Secrets to Having Your Best Relationship](#)

*Objectives:*

1. Learn different ways to communicate with your partner
2. Discover ways to deescalate arguments
3. Increase intimacy in your relationship

## **JULY**

Wednesday, July 14

### **Cultivating Civility in Your Work Environment**

*Objectives:*

1. Recognize what workplace civility is and what it is not
2. Understand the negative impact of incivility in the workplace
3. Recognize the value of contributing to and being part of a positive and civil work environment
4. Learn how to promote a climate of civility starting with yourself

## **AUGUST**

Wednesday, August 11

### **Strategies to Navigate Stress and Build Resilience**

*Objectives:*

1. Build optimism
2. Manage counterproductive thinking
3. Practice mindfulness on a daily basis
4. Rethink stress

## **SEPTEMBER**

Wednesday, September 8

### **Supporting Others Through Their Mental Health and Substance Use Concerns**

*Objectives:*

1. Know how to identify when there is a concern
2. Learn best practices on how to support and respond
3. Understand when it's time for professional intervention including crisis situations
4. Receive helpful resources including self-care strategies

## **OCTOBER**

Wednesday, October 13

### **Fostering Understanding Between Veterans and Civilians for Workplace Success**

*Objectives:*

1. Know the basics on military demographics, structure and common sacrifices made in order to serve
2. Understand the unique needs of veterans and their common challenges with civilian workplace culture
3. Identify valuable skills and attributes veterans bring to the civilian workforce
4. Learn key communication and workflow differences between civilian and military work culture and strategies to overcome

## **NOVEMBER**

Wednesday, November 10

### **Overcoming Financial Pitfalls**

*Objectives:*

1. Identify common financial pitfalls
2. Coordinate different financial areas of your life
3. Learn how to manage the accumulation, distribution and conservation phases of wealth
4. Discover how to build a well-rounded financial plan

## **DECEMBER**

Wednesday, December 8

### **Increasing Your Movement for Better Emotional and Physical Health**

*Objectives:*

1. Discuss how to change your perspective about exercise
2. List the benefits of movement on our mental and physical health
3. Learn how to make exercise something to look forward to
4. Discuss how to get started

# Manager webinars

## MARCH

Wednesday, March 24

### [Leading Powerfully During Change and Uncertainty](#)

*Objectives:*

1. Understand essential differences between change and transition
2. Identify the most important aspects of leadership during trying/changing times
3. Explore strategies for motivating and engaging employees through times of uncertainty
4. Commit to your own practice of stress management and self-care while managing the challenges of leading others

## JUNE

Wednesday, June 23

### [Best Practices for Managing Remote Employees](#)

*Objectives:*

1. Examine the “Fast Forward” pandemic experience of the remote workforce – pre, post and current state
2. Discuss benefits and challenges of working remotely
3. Share best practices and helpful management guidelines for providing support, identifying and responding to employee concerns

## SEPTEMBER

Wednesday, September 22

### [Cultivating Civility in Your Company Culture](#)

*Objectives:*

1. Recognize what workplace civility is and what it is not
2. Understand negative impact of incivility in the workplace and on employees
3. Recognize the value of promoting a positive and civil work environment
4. Learn how to promote a climate of civility with your team and within your company

## DECEMBER

Wednesday, December 1

### [Emotional Intelligence Demystified—The Competitive Edge for Leaders](#)

*Objectives:*

1. Review key principles and competencies of emotional intelligence
2. Understand the importance of soft skills in leadership and essential differences between management and leadership
3. Learn tips and tools for cultivating emotional intelligence
4. Create a plan for strengthening your muscle as an emotionally intelligent leader

*All webinars are held 1:00 pm – 2:00 pm Central Time.*

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