

2022

Webinar Calendar



To view a webinar, login to the website on or after the date the webinar is available on demand (the dates on the left). Simply click on the webinar, and view. Each webinar is an hour long, and you will have the opportunity to send in questions related to the topic within 30 days of the webinar date.

AVAILABLE	THEME	ONLINE SEMINAR TITLE	DESCRIPTION
JAN 18	Getting Into the Right Frame of Mind for 2022	Reframing Your Way Through 2022	Learn practical steps to use positive reframing strategies and guide your way through 2022.
FEB 17	Honoring Grief and Loss	Navigating Through Grief and Loss	Discover ways to say goodbye and going through five stages of grief in a healthy way.
MAR 17	Engagement	From Tired to Inspired: Keeping Engaged and Preventing Burnout	Learn how to get around burnout, prevent it, and keep yourself engaged in work and personal life.
APR 19	Finding a Hobby	Finding a Hobby: How It Impacts Your Life	Understand the importance of having a hobby and how you can start finding one to help you feel happier.
MAY 17	Getting a Good Night's Sleep	Sleep Essentials	Explore strategies to start a healthy bedtime routine to help you reduce stress and improve your wellbeing.
JUN 21	Exploring Nature	Finding Yourself Through Nature	Discover the importance of being outside and find your own way to enjoy nature and increase your wellbeing.
JUL 19	Digital Health	Unplugged: Digital Detoxing	Find the reasons why we need to do digital detox and learn practical steps on how to start incorporating it into your schedule.
AUG 16	Self-Care Strategy	Self-Care: Better Care of Yourself	Identify the ways to implement self-care as a part of your schedule and learn the art of slowing down.
SEP 20	Open Communication	Open Communication: Powerful Ways to Create It	Attain the skills to have open and effective communication at work and at home.
OCT 18	Navigating Holidays	Navigating Your Holidays	Learn some effective ways to plan, organize, and make the most of your holiday.
NOV 22	Overtime: Working Caregivers	The Sandwich Generation at Work	Find out some practical and effective strategies to balance your work and personal life as the sandwich generation.
DEC 21	Taking Control of Stress	Stress Buster: Managing and Taking Control of Your Life	Manage your stress in a healthier way and learn some strategies to take control of your life.

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