

# 2023 pre-recorded webinars

## Part of your Employee Assistance Program (EAP)

Are you looking to grow personally and professionally? *We've got your back.* Your Employee Assistance Program (EAP) offers quick, cost-free webinars designed to help you become your best self at work and home. Webinars are available on [eap.ndbh.com](http://eap.ndbh.com). Use your company login code and start growing today. New webinars are available the first day of each month.

### **JANUARY | The Struggle Is Real: Strategies for Time Management**

Most of us can feel overwhelmed when we have a lot to do—responsibilities at work, planning our kid's birthday party and remembering all the details of daily life. This webinar will discuss realistic strategies for effective time management. We'll review managing email clutter, the roots of procrastination keeping yourself motivated and more.

### **FEBRUARY | Navigating Red Tape After the Death of a Loved One**

The passing of a loved one is already traumatic for those left behind. Learning the basics of dealing with the administrative side of death can make the journey easier. In this webinar, you will learn the first steps to get through standard paper work, dealing with banks and funeral homes, filing death certificate and other aspects of handling your loved one's estate.

### **MARCH | The Sandwich Generation: Multi-Generational Caregiving**

Many middle-aged people find themselves stuck caring for both ends of the age spectrum—helping both their children and their parents navigate finances, social lives and changes in capacity for independence. This kind of caretaking can cause burnout and exhaustion. This webinar will review the phenomenon of the sandwich generation and how we can better manage the needs of our changing families. We'll discuss ways to have productive conversations with aging parents about their needs, ways to troubleshoot burn out as a caregiver and how to keep your own family running smoothly.

### **APRIL | Making Time for Everything: Dual Careers and Family Life**

Two busy partners can make for a stressful household. Managing the unromantic tasks of daily life and household management can be difficult. Making time for the things that really matter—connecting, having fun, playing and resting can be quite challenging. In this webinar, we will discuss ways to better manage your household and make time for what matters most. We will discuss the realities of busy, working partners and making the most of the time and energy we have.

### **MAY | The Science of Happiness**

Learn how to bring more happiness to your personal and professional life. Research supports that happy people feel better, do better and live better. While this is great news, it still begs the question, why? And more importantly, how? During this webinar, we will explore the history and research behind this concept of happiness, how it relates to the various facets of your life and what intentional activities you can do to increase your life satisfaction and fulfillment. There are many pathways to happiness, so let's get your journey started!

### **JUNE | PTSD: Let's Get the Facts**

You've heard about it. What is it, what are its causes and how is it treated? This webinar will explore and discuss Post Traumatic Stress Syndrome. We will discuss the definition, common myths vs. facts, symptoms, relationship, self-care and treatment.

**Take your first step and call today.**

**[eap.ndbh.com](http://eap.ndbh.com)**

**Code:**

**800-624-5544**



## JULY | Planning for Retirement: It's More Than Just the Numbers

The advertising you see about retirement all seem to emphasize money. While money is very important, it's not the only thing. Join us for a broad look at what you can do now to prepare for a satisfying retirement. We'll explore the new world of semi-retirement, emotional issues around leaving work, the money of course and more.

## AUGUST | Engaging Empathy in the Workplace

Often a sad employee is perceived to be a bad employee, yet everyone will suffer a setback at some point in their career due to a change in personal or family health, the death of a loved one, a financial loss or a change in family caregiving. In order to show empathy and support, coworkers must try to understand the feelings of the person who is experiencing a setback. This can be accomplished through training, listening, connecting and providing kindness to one another. This webinar will provide a greater understanding of best practices in providing empathy to coworkers and managers while maintaining a professional relationship.

## SEPTEMBER | Involvement and Engagement

Learn how small acts of kindness and a state of flow can change your life. Do you ever ask yourself, "What can I do today to change my life for the better?" Thankfully, research supports that there is something we can do about it, and it's actually quite easy. In this webinar, we will explore two actionable concepts, acts of kindness and flow, that you will enjoy adding to your daily/weekly routine and that will help you live a happier, positive, purposeful life!

## OCTOBER | Master Your Spending

This webinar teaches you to master the emotional side of money and regain financial dignity. Topics discussed include: Why traditional budgets fail and what you need instead, the two key things you need to do BEFORE making a plan, how to have productive money discussions with your significant other, keys to outsmart emotional spending before it happens, how to create a personalized plan that works for YOU. The webinar will provide a Spending Plan worksheet to apply the principles learned, and will help you become and stay financially healthy.

## NOVEMBER | Supporting a Loved One with Substance Misuse

Having a loved one with addiction can be heartbreaking, frustrating and terrifying. Choosing how to support them can be confusing—the right choice is not always obvious. In this webinar, we will discuss signs of addiction and review choices of how to support your loved one. We will also review concepts such as enabling and codependency. You will walk away from this webinar with a clearer idea of how to support both yourself and your loved one.

## DECEMBER | Relaxation Rx

Most of us feel too busy to even think about taking time out to relax. However, the reality is that regular relaxation is crucial. If we don't stop regularly to "refuel," we risk emotional and physical burnout. Even a small investment of five to 10 minutes a day can have a huge return. This webinar will include demonstrations of relaxation techniques that provide immediate as well as long-term benefits. We'll also learn how to detect burnout "triggers" and discover ways to regain a sense of balance and motivation. You will leave feeling recharged and better able to tackle daily demands.

## Download anytime and watch at your pace!

In addition to these pre-recorded events, your EAP offers monthly live webinars. Check them out on [eap.ndbh.com](http://eap.ndbh.com). Virtual training webinars are also available 24/7/365 in the Health Resource Library of [eap.ndbh.com](http://eap.ndbh.com).

### How to sign up

1. Visit [eap.ndbh.com](http://eap.ndbh.com)
2. Enter your company code
3. Scroll down to the **Check Out Our Webinars** box
4. Click **View All Webinars**
5. Click **View Pre-recorded Webinars**, and choose a video

### Questions?

Connect with your EAP customer success manager, HR department or 800-624-5544.

