



Pre-recorded webinars included in your Employee Assistance Program (EAP)

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2025 Pre-recorded Webinars

Access our expert-led webinars on your schedule. Enjoy the flexibility of watching at your convenience, with new topics available every month.



January | Identity Theft: What Can You Do About It?

Identity theft is the fastest growing crime in America. According to the Justice Bureau, around 23.9 million people were victims of identity theft in 2021. In this seminar, you will learn what identity theft is and how to prevent it. Learn the red flags and know what to do if it happens to you.

February | Understanding Neurodiversity

"Neurodiversity" is a word used to explain the unique ways people's brains work. In this session, we will learn what neurodiversity is and what it means to be a neurodivergent person. We will explore various neurotypes and gain an appreciation for the varied strengths and differences.

March | Developing Critical Thinking Skills

The ability to make good decisions quickly and to creatively solve problems is what sets some people apart. We all encounter a high volume of information every day. How do we know what is most important or reliable? Though most credit their ability to think critically with their experiences in school, can we cultivate this capacity in our daily personal or professional lives? The answer is yes!

April | The Latest in Sleep Science

New research explores what happens to the mind and body when we sleep, why it's so important to get the appropriate amount of rest based on your age, and how sleep impacts your overall health and well-being. This webinar will address the challenges of sleep disorders and disrupted sleep and how to establish a healthy sleep schedule. Be empowered to sleep better using the latest information on sleep science.

May | Fostering an LGBTQIA Inclusive Workplace

Even with recent successes in social justice and popular culture, some gay, lesbian, bisexual, transgender and gender non-conforming employees still face bias, homophobia and discrimination in the workplace. The resulting fear and stress not only affect work performance but overall morale in environments that are not accepting or inclusive in varying degrees. In this webinar, we will clarify sexual orientation and gender identity to better prepare all participants to collectively foster an inclusive working environment for all LGBT and gender non-conforming employees.

June | Hold Your Head High: Communicating with Confidence in the Workplace

We all admire people who can communicate comfortably-and effectively-even in challenging situations at work. This seminar will teach two models of effective communication and will help you practice your new strategies in tough scenarios-negotiating your salary, talking with your boss about career development, confronting disrespectful behavior in the workplace, and more.

July | Social Media for Parents

How can parents make sure kids are using social media safely and appropriately? Not every parent is involved in social media. If your child is using social media, that is a good reason why you should be too. Learn how to keep an open line of communication regarding your child's activity online, establish privacy, proper boundaries, and monitoring healthy usage.

August | What EQ Can do for You: Strategies for Enhancing Emotional Intelligence

Emotional Intelligence Quotient (EQ) is more important than IQ when it comes to predicting both personal and professional success. Defined as a combination of self-awareness and self-management skills, as well as our ability to sense and appropriately respond to the needs and emotions of others, EQ is at the heart of effective relationships. Join us for this dynamic session, where you will gain strategies for enhancing your emotional intelligence and learn about its connection to success and fulfillment.

September | Finding Harmony: Being a Parent and a Professional

There is perhaps no more delicate of a balance than being a parent and a working professional. So many of us struggle with how to divide our time, energy and attention. This seminar will discuss the realities of the modern working landscape for parents and how to approach balance in a new, more successful way. We'll review strategies for time and household management. And we'll discuss how to find the most elusive thing of all: quality time just for yourself. Burnout impacts productivity, morale and financial bottom line due to the health-related costs of burnout.

October | Your Elder Love One's Desire: Live Independently

As average life expectancy increases and family and workforce dynamics change, caring for elders can become a challenge. Your elderly loved ones' desire to live independently may not be safe and support their well-being. How do you know what to do? This seminar will provide information on how to assess the needs of elderly loved ones including their physical, mental, environmental and financial and legal condition, what in home services are available, when is it time for care outside of the home, how to talk your loved one about making a change when they say "no". If considering out of home placement, how to evaluate facilities and if in a facility, how to know if a loved one is getting proper care.

November | Mindful Eating

Does eating in your car, wolfing down lunch at your desk, or snacking while watching TV sound familiar? Do you often finish eating something and not really remember the experience? If so, you're not alone-between the hectic schedules we keep and the different roles that food plays in our lives, eating mindfully has become challenging for most of us. During this interactive session, we'll come to understand the concept of mindful eating and how to apply it. We'll also explore the important role mindfulness plays both in managing weight and in enhancing physical and emotional wellbeing. surrounds you.

December | Family Ties

In this day and age, when everyone is plugged in - what effect is that taking on the members of the family, especially the children? Connecting as a family on all levels is key to how children behave in social settings and later in life. Communication skills, dealing with life issues and how they conduct themselves is a learned behavior from parents and other family members. In this webinar we'll explore tools and strategies to foster strong family ties and the importance of this in shaping children's social behavior, communication, and overall development.

How to sign up

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