COVID-19 RELATED TOPICS (new webinars)

Emotional well-being in times of uncertainty: Coping with stress related to COVID-19:
- Understanding the range of reactions to ongoing stressful situations
- Identifying strengths and sources of resiliency and support to leverage during challenging times
- Tips for supporting others, including children and teens
- Strategies for resilience and emotional well-being, including using the EAP and Work-Life Services

How to stay social and upbeat during COVID-19:
- Importance of social distancing
- Rethinking routine
- 9 ways to stay connected virtually
- Addressing food insecurity
- Community resources

Our Experience of Grief and Loss during COVID-19:
- What grief and loss may look like during COVID-19
- Coping with grief and maintaining resilience
- Tips for supporting others as they grieve
- Ways the Employee Assistance Program (EAP) and Work-Life Services can help during this time

COPING WITH DISTRESSING EVENTS (new webinars)

In the Aftermath: Resiliency, Coping and Helping Others after Distressing Events
From natural disasters to violence, different types of distressing events affect us at the individual, family, community and workplace levels. Whether events happen in our communities or at a distance, many people experience challenging emotions or have trouble coping in the aftermath of disasters or distressing situations. This seminar will help participants leverage strengths and support to cope, heal, adjust and help others.

Objectives: Following this seminar, participants will be better able to:
- Identify strengths and sources of resiliency and support to leverage after a distressing event
- Develop approaches to apply when helping others, including children
- Understand and access well-being resources and benefits, including EAP and Work-Life

Managing Stress and Anxiety in Challenging Times
This seminar will help participants learn tips for managing anxiety and challenging emotions in a world that can sometimes seem divided, troubling and even traumatizing. We will focus on strategies to support well-being and resilience and reduce the negative impact of stressful events, distressing news and challenging conversations.

Objectives: Following this seminar, participants will be better able to:
- Understand and recognize secondary/vicarious trauma and how to reduce its effects
- Help children, teens and other loved ones talk about their concerns
- Focus on your and your family’s priorities and find ways to make a difference
- Identify strategies for handling stressful conversations
- Practice techniques for managing stress reactions and anxiety
WORKPLACE PRACTICES (new webinars)

Heading back to the Workplace: Strategies for a successful transition
This webinar will help employees prepare for and adapt to their return to the workplace by exploring:

- The range possible impacts of the pandemic on different people
- Understanding your organization’s COVID-19 protocols and expectations
- Managing emotions around going back to the workplace
- Adapting to new routines and expectations
- Communicating effectively
- Resources for additional support, including the EAP and Work-Life Services

Working from home: Overcome barriers and embrace the change:

- Challenges of working from home
- Myths vs. realities
- Tips to make your work-at-home experience the best it can be
- Using the Employee Assistance Program (EAP) and Work-Life Services

RESPECTFUL WORKPLACE (selected from the current 2020 catalog)

R-E-S-P-E-C-T: Find Out What It Means to Your Workplace
Respect is a key—but often neglected—business asset. And, in order to be the most effective, respect must operate up (from employee to management), down (from management to employee) and sideways (from peer to peer).

Objectives: After participating in this seminar, participants will be better able to:

- Understand the importance of demonstrating respect for colleagues
- Utilize communication skills that demonstrate respect for others
- Give feedback to others when they feel disrespected

Valuing Differences
As the U.S. workforce becomes increasingly diverse, it is more and more important to understand and value differences. This interactive seminar promotes understanding of others and demonstrates ways to treat co-workers with differing backgrounds and experiences with respect.

Objectives: Following this seminar, participants will be better able to:

- Learn more about co-workers’ backgrounds in order to strengthen relationships at work
- Understand the potential impact of employee diversity on workplace interactions
- Identify causes of “cultural collisions” and practice appropriate responses
- Improve their ability to see the world through other people’s eyes

FOR MANAGERS (new webinars)

Heading back to the Workplace: Strategies for a successful transition (for managers):
This webinar will help managers support their teams and assist employees in adapting to their return to the workplace by exploring:

- The impact of the pandemic and long-term stress on employees and the workplace
- Your role as a manager during challenging and fluid situations
- Strategies to communicate effectively, help manage employee expectations, and support your team in adapting to new routines
• How the EAP and its Manager Consultation services can help

Managing a work at home team during COVID-19 (for managers):
• The good news about shifting to work-at-home
• 6 steps to effectively manage your remote team
• How the Employee Assistance Program (EAP) and Work-Life Services can help

Supporting Employees in Times of Uncertainty: Coping with COVID-19 in the Workplace (for managers):
• Understanding how people respond to ongoing stressful situations
• Preventive measures to take
• Supporting employees and the organization
• Leveraging the EAP and Work-Life Services to help employees and family members cope

ONDEMAND WEBINARS

Emotional well-being in times of uncertainty: Coping with the stress related to COVID-19
• Identifying strengths and sources of resiliency and support to leverage during challenging times
• Tips for supporting others, including children and teens
• Strategies for resilience and emotional well-being, including using the EAP and Work-Life Services
• Link to webinar: https://vimeo.com/398893454

How to stay social and upbeat during COVID-19
• Importance of social distancing
• Rethinking routine
• 9 ways to stay connected virtually
• Addressing food insecurity
• Community resources
• Link to employee webinar: https://vimeo.com/409830932

Our experience of grief and loss during COVID-19
• What grief and loss may look like during COVID-19
• Coping with grief and maintaining resilience
• Tips for supporting others as they grieve
• Ways the Employee Assistance Program (EAP) and Work-Life Services can help during this time
• Link to employee webinar: https://vimeo.com/414552681

Working from home: Overcome barriers and embrace the change
• Challenges of working from home
• Myths vs. realities
• Tips to make your work-at-home experience the best it can be
• Using the Employee Assistance Program (EAP) and Work-Life Services
• Link to employee webinar: https://vimeo.com/405914045

For Leaders and Managers: Managing a work at home team during Covid-19
• The good news about shifting to work-at-home
• 6 steps to effectively manage your remote team
• How an Employee Assistance Program (EAP) can help during this time
• Link to employer webinar: https://vimeo.com/405912756

For Leaders and Managers: Supporting Employees in Times of Uncertainty: Coping with COVID-19 in the Workplace
• How to manage employee stress and anxiety surrounding the coronavirus
• Understand how people respond to ongoing stressful situations
• Preventive measures to take
• Supporting employees and the organization: remove work and other strategies
• Leveraging the EAP and Work-Life Services to help employees and family members cope
• Strategies for resilience and emotional well-being, including using the EAP & Work-Life Services
• Link to employer webinar: https://vimeo.com/398132348