

2026 Employee Assistance Program On-Demand Webinar Calendar

Always Available | Free | Confidential
207-622-4418

	PODCAST or AI VIDEO TITLE and DATE	DESCRIPTION
JAN	Staying on Track: 7 Practical Strategies for Goal Commitment Available on Demand Starting Jan 20 AI Video	Learn practical tools to stay consistent, overcome setbacks, and achieve what matters most
FEB	The Role of Hobbies in Work-Life Balance Available on Demand Starting Feb 17 Podcast	Discover how hobbies and personal interests can reduce stress, improve focus, and help you balance work and life.
MAR	Breaking Barriers: Empowering Women at Work Available on Demand Starting Mar 17 Podcast	Celebrate women’s contributions while exploring ways to empower equality and opportunity at work.
APR	Managing the Juggle: Practical Tips for Multi-Role Success Available on Demand Starting Apr 21 AI Video	Learn proven techniques to manage competing demands and maintain balance without burnout.
MAY	Smart Money Moves: Strengthen Your Financial Know How Available on Demand Starting May 19 Podcast	Build the mindset and skills to adapt, recover quickly, and thrive during transitions.
JUN	Creating Safe Spaces: Supporting LGBTQ+ Inclusion Available on Demand Starting Jun 16 Podcast	Promote respect, allyship, and inclusion to strengthen LGBTQ+ visibility and acceptance.
JUL	Resilience Reset: 5 Ways to Thrive Through Change Available on Demand Starting Jul 21 AI Video	Learn proven techniques to manage competing demands and maintain balance without burnout.
AUG	Connected Not Consumed: Digital Wellness Strategies Available on Demand Starting Aug 18 AI Video	Set clear boundaries with technology to enhance focus, wellbeing, and meaningful connections.
SEP	Preventing Tragedy: Empowering Supportive Conversations Available on Demand Starting Sep 15 Podcast	Raise awareness and learn supportive actions to help save lives.
OCT	World Mental Health Day Topic Available on Demand Starting Oct 20 Podcast	To-be-defined by the WHO (World Health Organization) later during 2026.
NOV	Strong Yet Struggling: Rethinking Men's Mental Wellbeing Available on Demand Starting Nov 17 Podcast	Highlight men’s roles, health, and wellbeing while fostering dialogue on gender balance.
DEC	"The Science of Stress: Tools for Thriving at Work and Home" Available on Demand Starting Dec 15 AI Video	Explore science-based techniques to reduce stress and strengthen resilience at work and home.

To view a seminar on-demand, [visit anthemeap.com/mmeht](https://www.anthem.com/mmeht)

These seminars are featured on the homepage under Seminars Tile.



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