

# 2020

## Employee Assistance Program wellness webinar calendar



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	Monthly theme	Monthly webinar title	Webinar description
			Join us for these introductory webinars on work-life topics.
JAN	Financial Goals	<b>Your Financial Checkup</b> Available on Demand Starting <b>Jan 21st</b>	Walk through a "financial check-up", guiding you through the necessary steps to examine your finances.
FEB	Setting Realistic Expectations	<b>Managing Workplace Stressors</b> Available on Demand Starting <b>Feb 18th</b>	Get information and strategies to address and manage professional stressors effectively.
MAR	Professional Development	<b>Planning for Professional Growth</b> Available on Demand Starting <b>Mar 17th</b>	Discuss the four stages of professional careers and get tools to develop a self-assessment plan that can lead to your career growth.
APR	Practical Parenting	<b>Effective Communication With Children</b> - Available on Demand Starting <b>Apr 21st</b>	Learn about different communication styles and how to communicate effectively, starting in early childhood.
MAY	Accepting Aging	<b>Accepting Aging: Yourself and Others</b> - Available on Demand Starting <b>May 19th</b>	Examine "normal" age-related changes and identify ways for you to come to terms with your own aging.
JUN	Conflict Resolution	<b>Say What You Mean the Right Way</b> - Available on Demand Starting <b>Jun 16th</b>	Identify barriers to clear communication and discuss how to apply tips for effective communication.
JUL	Adventuring and Exploring	<b>Explore New Horizons and Expand the Mind</b> Available on Demand Starting <b>Jul 21st</b>	Discover the possibility and promise of seeking and exploring new horizons.
AUG	Outsource Your To-Do List	<b>Outsourcing Your To-Do List</b> Available on Demand Starting <b>Aug 18th</b>	Learn to outsource the more thankless chores and discover a world of potential, leading towards a happier and more fulfilling way of life.
SEP	Work and Family Balance	<b>The Secret to Work-Life Balance</b> Available on Demand Starting <b>Sept 15th</b>	Uncover the secret to securing a healthy work and family balance.
OCT	Mental Strength	<b>The Mental Strength Workout</b> Available on Demand Starting <b>Oct 20th</b>	Learn skills and strategies to exercise the power of your mind and increase your mental fortitude.
NOV	Healthy Ways to Cope with Stress	<b>Building Resilience Muscles</b> Available on Demand Starting <b>Nov 17th</b>	Learn resilience by understanding yourself and identifying the mental obstacles that get in your way.
DEC	Being Grateful	<b>Know Your Strengths</b> Available on Demand Starting <b>Dec 15th</b>	Explore how confidence and a strengths-mindset can enable you to respond more creatively to challenges.

To view a seminar on demand go to [anthemeap.com](http://anthemeap.com) and enter **MMEHT**.

You'll find these and other seminars in the Seminars Center.

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