

# Free live webinars

## Part of your Employee Assistance Program (EAP)

Learning can boost self-confidence, build purpose and help connect you with others. But finding the time for personal and professional development can be tough. Your Employee Assistance Program (EAP) makes this easier by offering chances to grow your mindset each month. Live and pre-recorded webinars focus on topics that can help you feel productive and think differently about life at home or at work. Join us! They're free and fun.

**FOR ALL EMPLOYEES | 2021 Sessions at 12 PM – 1 PM & 3 PM – 4 PM ET**

### **Cultivating Calm 1/20/21**

In today's world, feeling stress, pressure and chaos can seem normal - but it doesn't have to be. Everyone has the ability to develop a capacity for peace, serenity and calm. Learn how to develop healthier habits to find more calm in life.

### **Blocking Burnout 2/17/21**

Learn how to detect burnout triggers and discover ways to regain enthusiasm at work and at home by becoming more conscious of your needs and motivators.

### **Work-life Harmony 3/17/21**

Our lives are busy, and different responsibilities can pull us in many directions. In this session, learn how to flow with responsibilities to find the harmony and happiness in your life.

### **Substance Use and Your Loved Ones 4/21/21**

When someone you love struggles with addiction, it's important to know you are not alone and also to take care of yourself. Start with learning more about what addiction is, symptoms of drug use, an overview of withdrawal symptoms and more. Understanding more about this chronic brain disease is a great start to process and cope in a healthy way.

### **Overcoming Loneliness 5/19/21**

At some point in life, most people will feel emotionally or physically disconnected from others. Learn how to recognize this normal reaction, address feelings of loneliness and rebuild connections.

### **Finding Focus 6/16/21**

Focus can be an elusive thing. Multitasking, procrastination, and distractions make it difficult to point attention in one direction. The good news is focus is a skill that can be developed. In this session, we will teach you some tricks to help you overcome common focus barriers.

### **Raising Awareness: Mental Health and Minorities 7/14/21**

Mental health conditions do not discriminate based on race, color, ability, gender, or sexual identity. However access to care and treatment can be significantly impacted by these factors. In this session, learn more about the challenges minority groups face, help fight stigma, and learn more about accessing services.

### **Emotional Well-Being for Parents 8/18/21**

Parenting is difficult. Change is constant, days are long, and reality never looks like Pinterest. Learn how to manage your expectations, treat yourself with kindness, and find confidence in doing the next right thing.

### **Suicide Awareness 9/15/21**

Suicide is a serious public health issue that affects people of all ages and situations. In this session, learn to identify early warning signs, support those at risk and receive guidance on how to respond proactively and proficiently.

### **Intimate Partner Violence Awareness 10/13/21**

Intimate partner violence occurs in every culture, country, age group and socio-economic level. Learn the types of intimate partner violence, warning signs and resources available to those impacted by it.

### **Thriving in Uncertainty 11/10/21**

The unknown is a scary thing. It can be difficult to plan or figure out what to do next. Discover how to embrace uncertainty and navigate it with poise and resiliency.

### **The Art of Listening 12/13/21**

Listening is the foundation of conversation and a skill that requires practice. In this session, learn how to listen actively and respond thoughtfully for better communication and understanding.

**Register for live sessions today!**

**eap.ndbh.com**  
**800-624-5544**

## FOR LEADERS & MANAGERS | 2021 Sessions at 12 – 1 PM & 3 – 4 PM ET

### Resilience in the Workplace 1/27/21

For an organization to thrive, both the organization and its employees must have resilience. Learn how to support and develop the mindset and skills to embrace resilience during challenging times.

### Stress Management for Managers 2/24/21

Managers are constantly being pulled in different directions and have high accountability for how a team functions. This can lead to cumulative stress. Learn more about the stress cycle, how to recognize it's impact on health, and strategies to lower stress that can be applied in daily life.

### Shaping Your Workplace Culture 3/24/21

An organization's culture is a key factor in its success. In this session, learn how to build, maintain, and change your workplace culture

### THC in the workplace 4/28/21

As the legalization of marijuana spreads across the U.S., it can be hard to keep up with changing policies and what it means for employees. Learn more about marijuana, different legalizations, and how your workplace and policies may be affected.

### Embracing Vulnerability 5/26/21

Vulnerability can be uncomfortable or viewed as a weakness, but it can also be a tremendous strength. Discover how to embrace vulnerability to build strong teams that operate on trust.

### Fostering Creativity 6/23/21

Creativity is a key element of innovation and growth. Learn how to foster creativity in your team to innovate, enhance and seize opportunities.

### The Importance of Influence 7/21/21

Influence is an essential skill that can benefit leaders at all levels. Learn the different styles of influence, where they are most effective and how you can increase your influence.

### Manager as Coach 8/25/21

Coaching empowers people to do their best work through collaboration, engagement and growth. In this session, participants will learn the advantages of being a manager-coach and how this approach will help them develop productive, high-performing, committed teams.

### Disaster Preparedness 9/22/21

Disasters come in many forms, but they are always sudden and disruptive. Help your organization recover quickly when disaster strikes by learning more about emergency planning and preparedness.

### Intimate Partner Violence Awareness for Management 10/20/21

Intimate partner violence occurs in every culture, country, age group and socio-economic level. In this session, learn the types of intimate partner violence and their warning signs, as well as how employers can support employees who are affected by it.

### Managing with Flexibility 11/17/21

When facing change or uncertainty, one of the greatest traits a leader can have is flexibility. In this session, learn how to modify your style and approach to leadership to overcome challenges and achieve goals.

### Actively Managing Conflict 12/20/21

For a manager, being equipped to treat conflict as an asset instead of a liability is a true measure of leadership. In this session, supervisors acquire the essential tools, skills and processes to help them achieve healthy and responsive conflict resolution.

## How to sign up

1. Visit [eap.ndbh.com](http://eap.ndbh.com)
2. Enter your company code: wcsu
3. Scroll down to the **Check Out Our Webinars** box
4. Click **Register for Live Webinars**
5. Choose your session, complete the easy registration form and receive confirmation

**Questions?** Connect with your EAP account executive, HR department or [eaptraining@ndbh.com](mailto:eaptraining@ndbh.com).

## Webinar Sessions Time Zone Conversion

**EASTERN** 12 – 1 PM | 3 – 4 PM

**CENTRAL** 11 AM – 12 PM | 2 – 3 PM

**MOUNTAIN** 10 – 11 AM | 1 – 2 PM

**PACIFIC** 9 – 10 AM | 12 – 1 PM

## Share and attend these learning opportunities!

In addition to these live webinars, [eap.ndbh.com](http://eap.ndbh.com) offers pre-recorded sessions on topics such as stress and diet, meditation and relaxation, sleep, saving money, identity theft and more. Virtual training events are also available 24/7/365.