

January 8, 2020 | 1:00–2:00pm ET

Conscious Consumption: Eating with Intention

[Register](#)

Do you remember what you had for dinner two nights ago? If you, as many of us often do, happened to be multitasking as you ate, you likely can't recall and you likely also didn't get the most out of your meal. This webinar discusses the art of slowing down and shows you how being mindful and truly savoring your food promotes satiety and improves overall health and well-being.

February 12, 2020 | 1:00–2:00pm ET

Let it Go: Free Yourself from Perfection

[Register](#)

Join us as we uncover the roots of perfectionism and expose its exhausting and debilitating downside. We'll also provide some tools to help you free yourself from perfection's tangled web – because after all, no one is perfect! Let's tackle perfection paralysis together and start developing healthy practices of acceptance.

March 11, 2020 | 1:00–2:00pm ET

From Drained to Driven: Steering Clear of Burnout

[Register](#)

Prolonged work-related stress can take its toll, leaving you feeling drained, unmotivated, and burned out. How do you find your way out of the fog? We'll offer a guide to assessing where you are now, understanding the signs of burnout, coping with daily stressors, and finding your way to clearer skies. Don't lose sight of the road – we'll help you stay on track with strategies for enhanced well-being.

FOR SUPERVISORS

March 25, 2020 | 1:00–2:00pm ET

Shift Change: Remaining Steadfast During a Re-Org

[Register](#)

Organizational change is never easy, but for leaders, shifting gears can be all the more challenging. Not only must you process and sort through the information for yourself, you must also relay the news to your employees and support them during what is likely to be a stressful time. We'll discuss how to stay committed to the overall mission and be a strong advocate and model of positive growth while providing the steady and focused leadership that your employees need.

April 8, 2020 | 1:00–2:00pm ET

Social Security 101

[Register](#)

Understand the basics of Social Security with the help of a financial expert from the Foundation for Financial Education (F³E). This session covers how your Social Security benefits are calculated and ways to optimize them. You'll also learn about the advantages of applying after full retirement age and how cost-of-living adjustments can affect your Social Security.

May 13, 2020 | 1:00–2:00pm ET

Connected at a Cost: The Social Paradox

[Register](#)

The world becomes more and more connected each day – but are we truly connecting? With the decrease in face-to-face interaction in our family lives, relationships with friends, business matters, and more, our communication and social skills are suffering. Join us as we take a hard look at the real price of convenience and the disconnect that constant virtual connection creates.

June 10, 2020 | 1:00–2:00pm ET

Combating the Loneliness Epidemic

[Register](#)

The prevalence of loneliness has doubled in the last 50 years. In a 2018 study conducted by Cigna, over half of the 20,000 adult Americans surveyed said they sometimes or always feel alone, isolated, or left out. One in four said they rarely or never feel understood by others. An occasional bout of loneliness is normal, but prolonged isolation can be detrimental to our health. We'll explore the loneliness epidemic, discuss the importance of meaningful connections, and offer tips for helping yourself and/or a lonely loved one.

FOR SUPERVISORS

June 24, 2020 | 1:00–2:00pm ET

Excess Baggage: Letting Go of Work While on Vacation

[Register](#)

"Can we have it all?" That's the ultimate question of work-life balance. Sadly, we can't, but daydreaming at work about being away or realizing your vacation days will soon expire means it's time to make recharging a priority. Confidently leave work behind while on vacation with some pre-time-off planning strategies to help you stay on track before you go so you can head out the door and relax.

July 8, 2020 | 1:00–2:00pm ET
Budgeting, Relationships, and Life Events

[Register](#)

In this session, the Foundation for Financial Education (F³E) will provide guidance for creating financial wellness for you and your family, and show you how to take advantage of financial growth opportunities. You'll also hear about four financial issues that are crucial to discuss in relationships and learn how to handle specific life events that can change your financial plans.

August 12, 2020 | 1:00–2:00pm ET
Contagious Behavior: The Positive Side of Peer Pressure

[Register](#)

Peer pressure is typically considered to be a negative aspect of social conduct, as it often involves a person's perceived obligation to engage in uncharacteristic or objectionable behavior in exchange for peer acceptance. But what if the peer pressure were positive and pushed group members to engage in constructive behavior in order to fit in? We'll focus on how positive modeling can influence the behavior of others and contribute to a healthier environment.

September 9, 2020 | 1:00–2:00pm ET
Suicide Awareness

[Register](#)

There is a movement to define suicidality as its own condition, as rates have been on the rise since 1999. Attend this webinar to review our nation's latest statistics and learn who's most vulnerable. It's vital to educate yourself about the signs and symptoms, available support, and prevention tactics to help you or a loved one. Ultimately, bringing awareness to the gravity of our nation's suicide rate and learning how we can help are the keys to saving lives.

FOR SUPERVISORS

September 23, 2020 | 1:00–2:00pm ET
Stay Interviews: The Supervisor's Secret to Retaining Talent

[Register](#)

It's no surprise that receiving the resignation of a high-performing employee is one of the biggest fears supervisors have. The loss of a valuable team member can leave a gaping hole in productivity and spirit, so keeping your best talent on board is imperative. One proactive way to achieve this is by periodically conducting *stay interviews*. We'll

provide you with some effective tactics to help you stay connected to your employees, decrease the chances of them looking elsewhere, and keep you from wondering if there was more you could have done to retain them.

October 14, 2020 | 1:00–2:00pm ET
Mitigating the Cost of Long-Term Care

[Register](#)

The cost of long-term care (LTC) can add up quickly. To help you plan, the Foundation for Financial Education (F³E) will walk you through LTC by the numbers and provide a review of the federal LTC program. In addition, we'll discuss activities of daily living, how to qualify for low or no-cost coverage, LTC insurance alternatives and Medicaid planning, as well as LTC during retirement.

November 4, 2020 | 1:00–2:00pm ET
Bullying in the Workplace

[Register](#)

Bullying doesn't happen only to children, in schools, and on the playground. It happens to adults in the workplace, too, and it takes place more than you may realize. Whether you're the target of a workplace bully, know someone who is, or you want to learn more about how to identify, report, or handle bullying behavior, join us as we discuss these and other issues during this webinar.

FOR SUPERVISORS

December 2, 2020 | 1:00–2:00pm ET
Fostering a Mentally Healthy Workplace

[Register](#)

Investing in fostering a mentally healthy work culture helps reduce absenteeism and healthcare costs, and improves employee morale and productivity. With statistics revealing that one in four adults has a diagnosable mental health disorder, now is the time to proactively support a healthy environment. Attend this webinar to gain insight on addressing mental health in the workplace and how you can manage the culture to improve the quality of your employees' life at work.

December 9, 2020 | 1:00–2:00pm ET
5 Ways to Generate More Joy

[Register](#)

There are more ways than one to spark some extra joy in your life! Discover how to increase your happiness, improve your well-being, and get the most out of the season, the new year, and beyond.