

January 9, 2019 | 1:00–2:00pm ET

Mindfulness in Everyday Life [Register](#)

We're often pulled in multiple directions every day, which results in our being constantly distracted. In this webinar, we will address multitasking, distraction, and the push and pull we experience in our daily lives. By learning about the many benefits of mindfulness, we can begin to harness a better sense of peace and well-being.

February 13, 2019 | 1:00–2:00pm ET

***Interacting with Intention:
From Thoughts to Words*** [Register](#)

Communication in our work and personal relationships is a critical skill for success. We've all experienced problems with communication that result in small misunderstandings and larger misinterpretations. Attend this webinar to build your communication skills, from listening and understanding others to speaking effectively with others.

March 13, 2019 | 1:00–2:00pm ET

***Befriend Stress and Boost
Your Resilience*** [Register](#)

Stress. We are usually fighting against it. What if there was a way to come to terms with stress and reduce its impact by using our mind, personal strengths, and our support system? In this webinar, we will explore how to keep our priorities close, our stress enemies even closer, and in the process grow our resilience.

FOR SUPERVISORS

March 27, 2019 | 1:00–2:00pm ET

***Team Collaboration:
Making Everyone Count*** [Register](#)

Maintaining a trustworthy, respectful relationship with each of your staff makes for a productive, engaged, and successful team. What's your current take on employee cohesiveness? Join us to learn tips for creating team connectedness, developing better collaboration and morale, and producing effective results.

April 10, 2019 | 1:00–2:00pm ET

10 Steps to Financial Freedom [Register](#)

Discover how to find your "money view," create a budget, and get out of debt. Additionally, learn how to create an "abundance mentality" and how to prioritize savings and investing. Come out of this webinar with more knowledge about getting out of debt and managing your money on the path to setting your money worries free.

May 15, 2019 | 1:00–2:00pm ET

Pace Yourself for Productivity [Register](#)

Do you find that you're always one step behind, 10 minutes late, or just not meeting deadlines? Demanding responsibilities can leave us drowning and making little headway in tasks. Learn how to identify time-wasters and change procrastination habits in order to plan for today, forecast for the future, and ensure productivity throughout.

June 12, 2019 | 1:00–2:00pm ET

***Your New Life: Adjusting to
Major Life Changes*** [Register](#)

Transformation can sound exciting and adventurous. However, when faced with change in our lives, especially unplanned change, it can be challenging, overwhelming, and even scary. We'll examine ways to flow with life's surprises and make the journey a more positive experience.

FOR SUPERVISORS

June 26, 2019 | 1:00–2:00pm ET

***Leading Starts with Emotional
Intelligence*** [Register](#)

Emotional intelligence – or quotient (EQ) – is the ability to manage our emotions and have empathy in relationships with others. Being aware of how you utilize your EQ as you lead within your workplace culture can make a difference in how you are viewed as a leader. We'll discuss key EQ assets, ways to measure your current EQ, and how to strengthen and develop the qualities that reflect a well-rounded and well-equipped leader.

July 10, 2019 | 1:00–2:00pm ET

Financial Protection

After a Security Breach

[Register](#)

Do you know the various warning signs of having your identity stolen? What would you do if this happened to you? While credit card companies are stepping up their game on identifying fraud, the ultimate way to safeguard your finances starts with you. Attend this webinar to learn the difference between credit freezing and fraud alerts, and increase your knowledge about identity and financial protection.

August 14, 2019 | 1:00–2:00pm ET

Establishing Equilibrium:

Bridging the Work/Life Gap

[Register](#)

Our health and well-being depend on a symbiotic balance of work and life. One area can suffer if the other looms too large. This webinar is your opportunity to check in with yourself about what's working and what's not so you can take a step toward balancing the different parts of your life.

September 11, 2019 | 1:00–2:00pm ET

Depression: Beyond the Blues

[Register](#)

Feeling down? Are you or a loved one struggling with when or how to get help? The EAP is always available for assistance. We'll discuss when symptoms could indicate more than the blues, and explore ways to cope. We'll also review various treatments that are available, and ways to help a loved one who is in distress.

FOR SUPERVISORS

September 25, 2019 | 1:00–2:00pm ET

***Personal Safety and Civility
in the Workplace***

[Register](#)

We all thrive better in a supportive culture. It sets a foundation for our health, happiness, and success, and it's good for business. Join us as we discuss the value of social awareness and understanding as a means to support mutual respect, constructive collaboration, and a harmonious work environment.

October 9, 2019 | 1:00–2:00pm ET

Pre-Retirement Planning

for Federal Employees

[Register](#)

If you're thinking about retirement, or even if you have a few years left until you retire, are you financially prepared? Come out of this webinar with more knowledge about calculating pension benefits, social security, ROTHs, and catch-up TSPs. Learn to make your money work for you and make a prosperous difference in your future.

November 13, 2019 | 1:00–2:00pm ET

Giving Thanks: An Asset

to Well-Being

[Register](#)

'Tis the season to give and receive and express thankfulness. Some say the secret to happiness is gratitude. In this webinar we will review the characteristics of gratitude, the benefits of practicing it, and tips to build and nurture your path to peaceful well-being.

FOR SUPERVISORS

December 4, 2019 | 1:00–2:00pm ET

Managing in Difficult Situations

[Register](#)

Conflict is an unavoidable part of life, and a common reference point is "the challenging employee." Dealing with employees who push our buttons can a sensitive matter. We'll review common workplace challenges as well as options for handling them – with the intention of fortifying those skills and strategies that foster a decrease in workplace conflict.

December 11, 2019 | 1:00–2:00pm ET

Anxiety and the Adolescent

[Register](#)

Teens can easily get caught up with today's ever-growing social media, school demands, and sport competitiveness. Add to that pressure to find future educational/career paths, family complexities, and friendship drama—it's no wonder our teens are suffering from anxiety. Join us to gain insight on anxiety itself and learn helpful strategies that support what your teenager needs.