

2022

EAP Wellness Seminar Calendar



View the seminars on demand — anytime, anywhere. Submit a question and receive a response via email. Questions are logged in a FAQ section, so you have the ability to browse and learn from the questions of others.

	Theme	Title	Description
JAN	Getting Into the Right Frame of Mind for 2022	Reframing Your Way Through 2022 Available on Demand Starting Jan 18th	Learn practical steps to use positive reframing strategies and guide your way through 2022.
FEB	Honoring Grief and Loss	Navigating Through Grief and Loss Available on Demand Starting Feb 17th	Discover ways to say goodbye and go through the five stages of grief in a healthy way.
MAR	Engagement	From Tired to Inspired: Keeping Engaged and Preventing Burnout Available on Demand Starting Mar 17th	Learn how to get around burnout, prevent it, and keep yourself engaged in work and personal life.
APR	Finding a Hobby	Finding a Hobby: How It Impacts Your Life Available on Demand Starting Apr 19th	Understand the importance of having a hobby and how you can start finding one to help you feel happier.
MAY	Getting a Good Night's Sleep	Sleep Essentials Available on Demand Starting May 17th	Explore strategies to start a healthy bedtime routine to help you reduce stress and improve your wellbeing.
JUN	Exploring Nature	Finding Yourself Through Nature Available on Demand Starting Jun 21st	Discover the importance of being outside and find your own way to enjoy nature and increase your wellbeing.
JUL	Digital Health	Unplugged: Digital Detoxing Available on Demand Starting Jul 19th	Find the reasons why we need to do a digital detox and learn practical steps on how to start incorporating it into your schedule.
AUG	Self-Care Strategy	Self-Care: Take Better Care of Yourself Available on Demand Starting Aug 16th	Identify ways to implement self-care as a part of your schedule and learn the art of slowing down.
SEP	Open Communication	Open Communication: Powerful Ways to Create It Available on Demand Starting Sep 20th	Attain the skills to have open and effective communication at work and at home.
OCT	Navigating Holidays	Navigating Your Holidays Available on Demand Starting Oct 18th	Learn some effective ways to plan, organize, and make the most of your holiday.
NOV	Overtime: Working Caregivers	The Sandwich Generation at Work Available on Demand Starting Nov 22nd	Find out some practical and effective strategies to balance your work and personal life as the sandwich generation.
DEC	Taking Control of Stress	Stress Buster: Managing and Taking Control of Your Life Available on Demand Starting Dec 21st	Manage your stress in a healthier way and learn some strategies to take control of your life.

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You'll find a link to these and other seminars on the homepage.