

**January 11, 2023 | 1:00–2:00pm ET**

***Financial Fitness: Your Training Plan to Trim Down Debt***

[Register](#)

Getting your debt in shape requires an exercise regimen aimed at building a more solid budget and bulking up your credit. But don't sweat it — an expert from the Institute for Financial Education ([ifeonline.org](http://ifeonline.org)) will coach you through some exercises to tone up your budget, strengthen your credit, and engage your debt in some active recovery.

**February 8, 2023 | 1:00–2:00pm ET**

***Everyday Resilience: Stay Grounded and Stroll Past Stress***

[Register](#)

Along life's path, we're bound to encounter bumps in the road and hairpin turns that catch us off guard. We're left feeling overwhelmed and may freeze like a deer in headlights, not knowing where to go or what to do next. Tell stress to take a hike by attending this webinar that explores various routes to help you march confidently past daily challenges and make bigger strides toward more resilience.

**March 8, 2023 | 1:00–2:00pm ET**

***The Gloves are Off: Facing the Fight with Your Anxiety***

[Register](#)

When you're in the ring of life, it's natural to sometimes be hesitant of what you may be facing. Though, if you constantly feel like you're being saved by the bell or your unease boxes you into the corner, anxiety may be striking a punch and tempting you to throw in the towel. In this session, we'll take our gloves off, go toe-to-toe with anxiety, and show you how to roll with the punches.

**FOR SUPERVISORS**

**March 22, 2023 | 1:00–2:00pm ET**

***Supporting Employees' Mental Health***

[Register](#)

Although research shows that there's been a slight decrease in mental health stigma since the pandemic and that workers now feel more comfortable talking about behavioral health in the workplace, stigma still exists across all spheres of society. As well, 51% of respondents in a Red Cross survey reported that the pandemic negatively impacted their mental health. Whether it's starting the conversation, providing educational opportunities, or modeling wellness, now is the time to proactively support a mentally healthy work environment. Discover how you can manage culture to improve your employees' quality of life.

**April 12, 2023 | 1:00–2:00pm ET**

***Recession-Ready Retirement for Your Future Well-Being***

[Register](#)

Imagine looking forward to sunsetting your career for the better part of your professional life, only to watch your nest egg sink down into the horizon along with the sun. This is what retiring in a recession could look like, but there are things you can do to block your savings from the harmful rays of an economic downturn. With the help of a financial planning expert from the Institute for Financial Education ([ifeonline.org](http://ifeonline.org)) and some SPF-GDP, you'll be sitting with your toes in the sand just like you planned.

**May 10, 2023 | 1:00–2:00pm ET**

***Grief and Loss: The Journey of Healing Your Heart***

[Register](#)

Loss can hit hard and hurt in ways we don't always expect. You may recall someone who went through a similar situation whose reaction was entirely different from your own, making you question whether your grief process is warranted or normal. Grief and loss are experienced individually; the way you navigate your journey in these sensitive, contemplative, and sometimes confusing moments is uniquely yours and is neither right nor wrong. This webinar offers guidance on working through what or whom you've lost so you can begin to heal your heart at your own rhythm.

**June 14, 2023 | 1:00–2:00pm ET**

***Parenting Hacks: Your Summer Game Changer***

[Register](#)

When school's out, schedules can get tossed aside and leave the whole family scrabbling. Don't miss this chance as we clue you in on some tricks for a summer that's fun and productive. These hacks will help you master anything from keeping a routine and creating a summertime bucket list to staying connected. Let's prove that summer doesn't have your family moving back two spaces or twisting down chutes, but up ladders and exclaiming Yahtzee! (Bonus! Can you spot 12 game-related words in this description?)

**FOR SUPERVISORS**

**June 28, 2023 | 1:00–2:00pm ET**

***You're Not a Fraud: Overcome Imposter Syndrome, Lead Authentically, and Boost Psychological Health***

[Register](#)

Negative thinking is a natural pitfall of our brain. As leaders, we are often put in positions that might make us uncomfortable, causing us to doubt ourselves and our abilities. In this webinar, let's tilt our mind toward positivity and what's within our control. We know you're not a fraud and want *you* to see that you're not one too. We'll help you take off the mask, reveal your true self, and get on a path to lead with confidence.

**July 12, 2023 | 1:00–2:00pm ET**

***Advanced Social Security Planning to Fortify Your Well-Being Goals***

[Register](#)

When it comes to Social Security, you may have questions that go beyond the basics of collecting benefits. You may wonder if you should begin drawing at age 62, 66, or 70, and whether delayed retirement credits are the way to go. Should you file for your own benefits, or suspend them and let your spouse collect half? How can you leverage IRAs to grow your Social Security by 8% a year? Get answers to these questions and more in this advanced Social Security planning session presented by the Institute for Financial Education ([ifeonline.org](http://ifeonline.org)).

**August 9, 2023 | 1:00–2:00pm ET**

***The Opioid Epidemic: The Crisis Continues***

[Register](#)

For the past three years, the coronavirus has understandably dominated a lot of our news. As we contended with this unprecedented event, an all-too-familiar crisis raged on behind the scenes. While it may have gotten overshadowed, the national opioid crisis is far from over. This webinar provides an educational opportunity to gain important insights, view up-to-date data, and learn what you can do to aid others caught up in this ever-present and increasingly dangerous issue.

**September 13, 2023 | 1:00–2:00pm ET**

***Better Together: Why Belonging and Well-Being Go Hand-In-Hand***

[Register](#)

We all crave to be a part of something, to fit in, and to be respected for who we are. This webinar explores this vital sense of belonging, ways to spread more belongingness within our work and life communities, and how to influence others to do the same. Let's make an effort together to create more intentional connections and grow a greater sense of belonging.

**FOR SUPERVISORS**

**September 27, 2023 | 1:00–2:00pm ET**

***Creating a Sense of Belonging for Enhanced Team Wellness***

[Register](#)

Building a sense of belonging can provide an environment where everyone believes they have purpose, identity, and are psychologically safe. Join this webinar to explore what belonging is and why it matters. We'll also discuss how to develop your ability to be intentional about inclusion and enhance your team culture. Not only will you evolve into a stronger leader for it, but your team will feel supported, appreciated, and engaged.

**October 11, 2023 | 1:00–2:00pm ET**

***Your Well-Being and Theirs: Set Up Your TSP to Benefit You and Your Heirs***

[Register](#)

Your Thrift Savings Plan (TSP) is a valuable, built-in retirement plan provided by your federal employer. Many people set it and forget it, but should you? In this session, an expert from the Institute for Financial Education ([ifeonline.org](http://ifeonline.org)) sheds some light on clever and creative ways to leverage your TSP to maximize your benefits so you can design a financial plan around your interests and those of your family.

**November 8, 2023 | 1:00–2:00pm ET**

***Humility and Forgiveness: The Compassionate Path to Health and Well-Being***

[Register](#)

Having a sense of overall well-being involves living a life of meaning and purpose, maintaining positive relationships, and being free of excessive stress, guilt, and grief over personal setbacks and failures. This webinar explores what's required to get to such a state: forgiveness and humility (for ourselves and others), an enhanced level of self-acceptance, recognizing and accepting our strengths and weaknesses, and the ability to grow and move on from our mistakes. We'll come to realize that the relationship between forgiveness and humility play an important role in us achieving true well-being.

**FOR SUPERVISORS**

**December 6, 2023 | 1:00–2:00pm ET**

***Focused and Self-Assured: How Setting Goals Can Improve Leaders' Success and Well-Being***

[Register](#)

What are your goals, and how do they compare to those of a strong leader? If you're feeling lost, this webinar can help you begin forging a path forward. We'll start by looking within ourselves, finding purpose, and viewing the bigger picture. Then, we'll zoom in on incremental steps and how to make goals that are challenging, yet realistic. When the hour is up, you'll know where you're going and how to get there. That's what we call success.

**December 13, 2023 | 1:00–2:00pm ET**

***New Year Premier: Gain Motivation to Create Habits That Stick***

[Register](#)

It's a new year, so why not a new you, too? Let's get stage-ready to ring in the new year with a proactive plan for habit-making success. This webinar will help gauge your motivation, direct you to set a purpose, and produce a goal that will turn into the life habit you've always wanted to adopt. We'll then roll out the red carpet, get our cameras ready, and be on the lookout for one confident and motivated star. And...action!