

2024 Webinars

Webinars begin at 1:00 pm CT and are 45 minutes long. They are recorded and posted to the member website.

JANUARY

January 10

[Getting control of emotional eating](#)

- Describe common causes and triggers behind emotional eating.
- Identify strategies to gain control of emotional eating.
- Discover how to apply these strategies to improve health and wellbeing.

FEBRUARY

February 14

[Teenager and young adult mental health awareness](#)

- Describe mental health versus mental illness.
- Discuss common challenges with teens and young adults.
- List ways parents and loved ones can help.

MARCH

Members—March 13

[Balancing your financial and emotional wellbeing](#)

- Describe challenges like inflation, household expenses, debt and fluctuating income.
- Understand the importance of both financial and emotional wellbeing.
- Identify support resources, including the help of a professional.

Managers—March 27

[Tips for managing change in the workplace](#)

- Describe types of change and how these affect employees.
- Identify tips to help leaders cope with change.
- Explain coping skills anyone can use when facing change.

APRIL

April 10

[Understanding neurodiversity in your personal and work life](#)

- Describe neurodiversity.
- Discover the value of neurodiversity at work and home.
- Name strategies to support neurodivergent people.

MAY

May 8

[Changing your perceptions to positively impact your wellbeing](#)

- Define perceptions.
- Describe how perceptions influence our emotions.
- Identify tips to change your perception to improve emotional wellbeing.

JUNE

Members—June 12

[Thriving in a multigenerational workforce](#)

- Describe the five generations currently in the workplace.
- Learn how each generation influences the workplace.
- List tips to help you successfully embrace the multigenerational workforce.

Managers—June 26

[Engaging a multigenerational workforce](#)

- Describe the five generations currently in the workplace.
- Learn how each generation influences the workplace.
- List tips to help you and your staff embrace the multigenerational workforce.

JULY

July 10

The perils and promises of social media: Social media and mental health

- Define healthy versus problematic social media use.
- Describe the impact of social media on our mental health.
- Explain how to achieve a healthier balance when using social media.

AUGUST

August 14

Protecting childrens' emotional wellbeing

- Define emotional wellbeing for children and why it's important.
- Describe ways to help children protect and improve their wellbeing.
- Recognize signs of when it's time to seek help.

SEPTEMBER

Members—September 11

Social drinking versus problem drinking: What's the difference?

- Explain low-risk and high-risk alcohol use.
- Describe healthy coping strategies to avoid the negative impacts of alcohol use.
- Discuss when and where to get assistance for alcohol use issues.

Managers—September 25

Coaching employees to improve performance and engagement

- Define how coaching can drive peak performance.
- Learn effective coaching techniques to improve employee performance.
- Develop and create coaching opportunities for engagement in the workplace.

OCTOBER

October 9

Feeling stuck? Get unstuck

- Explain what feeling "stuck" means.
- Discuss what causes us to feel "stuck."
- Discover strategies to move forward and improve wellbeing.

NOVEMBER

November 13

Managing intense emotions in the moment

- Define emotional regulation.
- Identify intense emotions and how to manage them in the moment.
- Discover skills to prepare for intense emotions before they arise.

DECEMBER

Members—December 11

Defending your wellbeing after trauma

- Define trauma.
- Explain different coping strategies to use after trauma.
- Practice a technique to defend your wellbeing.

Managers—December 4

Supporting employee wellbeing: From mental health awareness to action

- Define mental health awareness in the workplace.
- Describe characteristics of a wellbeing-focused workplace.
- Identify how to integrate wellbeing-focused strategies into your leadership.