



2023 Bi-Weekly Wellbeing Webinars

[Click on the program title to register.](#)

All programs are held on Friday at 2-2:30pm EST.

JANUARY

13th: A New Look at Well-Being

In this class we will take a look at the factors affecting our well-being, including the pandemic and the impact of the social, political, and economic landscape. We will discuss how to tackle these tough issues so that we can help ourselves and others improve our health and well-being, in spite of the challenges we face.

27th: Practical Tips for Returning to The Office

Offices are starting to re-open fulltime across the country, so are you ready to go back? Preparation is key when trying to alleviate stress about the unexpected! This seminar will help you prepare yourself for every aspect from scheduling and financial to environmental concerns.

FEBRUARY

10th: Maximizing Your Brain's Potential

It is extremely important to make the most of your brainpower for both work and fun. Doing this means taking care of your whole self. In this class, you will learn how everything you do, including learning, impacts your brainpower. This program draws on ongoing research in neuroplasticity, the brain's ability to continue to grow.

24th: Filling the Nutritional Gaps

In this program, participants will explore snacking, determine its benefits and examine its impact on blood sugar. They will discuss how effective snacking meets the body's need for recommended nutrients and how myplate.gov can be used to determine gaps and which recommend foods will address them. Participants will explore the role of fiber, compare and contrast soluble and insoluble fiber and identify sources of each.

MARCH

10th: Best Practices for Supporting Others

This seminar will allow participants to discuss the basic techniques for providing help and support to others. Participants will learn how they can provide support without taking on the role of a counselor/therapist and leave with real life strategies they can use to help listen and support their loved ones.





24th: Setting Boundaries

With all of the demands and our growing to-do lists, setting boundaries can be the key to being successful and avoiding feeling overwhelmed. In this class, we will take a deep dive into some best practices for boundary setting, how to define reasonable limits, set expectations with others, and how to stay consistent with our boundaries.

APRIL

7th: Today's Financial Trends

We are living in times of uncertainty and change. As a result, we need to be aware of the current financial trends as well as the tried-and-true financial principles that have served us well throughout the years. In this session, you will learn the impact that inflation and the cost of living have on your household budget. You will also learn about the protections available to you through the FDIC and NCUA. And you will discover that you can reduce your stress, if you learn to better communicate about your goals, values, and objectives, and by making a conscious effort to spend your money where it matters most to you.

21st: Practical Productivity

During this seminar we will dive in to look at how current events are affecting productivity, while identifying and understanding the pros and cons of a constant connection. We will discuss dealing with changing technology and how we can be more effective through email, our smartphone and other devices. The goal is to understand how we can make technology work for us.

MAY

12th: Managing Fear and Anxiety

Fears and anxieties are made up of thoughts that are based upon either personal experiences or beliefs. Pretending that these fears and anxieties do not exist, or are not as bad as they seem, can actually make them worse. In this class, we will learn how to talk through our thoughts to realize that our fears and anxieties are manageable and controllable.

26th: Resilient Leadership

As we reflect on the impact of the past few years, this is the time to take steps to build your resiliency and move forward. In this session, we will help you to re-focus on key components of leadership so that you can demonstrate resiliency and support your employees and colleagues in doing the same.

JUNE

9th: Green Tips for the Home

This seminar provides an overview of practical actions one can take to reduce our carbon footprint while saving money. In addition to detailing the advantages of using organic and natural products, participants will learn how to increase thermal efficiency and save electricity. The curriculum demystifies many elements of an ecological lifestyle, to start participants on the road to going green in their own lives.



23rd: Clean Living

Clean living is all about cleaning out the toxins in your life. This is a mind/body approach to living a clean and healthy lifestyle. We will discuss what adds toxins to your mind and body and how to eliminate them for good. Some aspects of this seminar will discuss how we can establish a healthier way of eating through whole, real, nutrient-rich food. We'll also look at how eliminating the processed food, that is a normal part of most people's diets, can help support a clean living lifestyle. We will discuss toxic products we use in the home, vitamins and supplements and many more areas during this seminar

JULY

14th: Disaster Preparedness

When unexpected events, such as hurricanes, occur we sometimes wait for disaster to strike, and in many cases, we have no warning. In all situations, basic knowledge and preparation is the key to survival and recovery. We will talk about people and pets, as well as how you can prepare everything from documents to home protection and what you need to have ready to go so you can prepare with your family.

28th: Getting Organized

If you need help getting organized, this program is for you. It looks at the downside of being disorganized, helps you determine your own organizational quotient, explores why we're disorganized. This session also examines the benefits of organization and identifies how to start. It addresses organization issues in both our homes and at work, discusses storage issues, helps you determine if disorganization is a problem and offers resources.

AUGUST

11th: Be Positive

Although not everyone believes in the power of positive thinking, it is a field that has been utilized by countries around the world, for centuries. Today, scientists understand why the attitudinal approach -- positive versus negative energy, dramatically impacts us, as well as our relationships with others. In this class, we will discuss our ability to benefit from the power of positive thinking by making changes to our thought process and perspective.

25th: Mindfulness

This workshop will teach the basic concepts of mindfulness and how to incorporate it into the everyday lives of our children. They will engage in a short breathing exercise; exploring their world through their senses and learning how to expand their attention and focus through mindfulness practices. The goal is to incorporate these techniques into all aspects of their lives, at home, in school and when interacting with peers.



SEPTEMBER

8th: Healthy Kids

Healthy kids lead to healthy adults. We will discuss the research behind living a healthy life and practicing preventative healthcare for kids, as well as the impact healthy living can have on the minds and bodies of children as they grow. Learn how you can raise a healthy kid with areas of discussion that include nutrition, exercise, immunizations and sleep needs for children.

22nd: Navigating the Teen Years

This seminar will touch on very important topics for parents who are, or will soon be, navigating children through their teen years. Participants who attend this seminar will take a critical look at the difference between what is important to them vs. what is important to their teen. During this seminar, you will discuss risky behaviors, how to prevent them and managing conflicts with your teen, as well as the do's and don'ts of parenting a teen. You will leave this seminar with a toolbox of best practices for managing those tricky teen years.

OCTOBER

13th: Dealing with Serious Sleep Issues

Do you have difficulty sleeping? Check out this program where you'll explore sleep disorders and their causes (circadian rhythms, insomnia and snoring/sleep apnea), discuss the benefits of sleep studies and examine sleep's relationship to stress and the release of cortisol. Additionally, you'll identify ways to address insomnia and leave with helpful resources.

27th: Addiction

This seminar will cover it all, including what defines an addiction, how does someone become addicted and what are the signs of addiction that we need to look for? If you or someone in your life is dealing with addiction, this seminar will help you understand the symptoms, components, and even the myths surrounding the disease. It will also end with tips and steps on the recovery process.

NOVEMBER

10th: Navigating Decisions as a Family

Sometimes there is no choice. Sometimes decisions are made quickly and we need to learn the tools to communicate these choices effectively to our children and families. In this seminar, we will address the questions you may have regarding family decisions and how to navigate them with as little stress as possible. We will address different decisions you may be facing, concerns you may have and how your decisions will affect the entire family. People may be at different places, but the process should be about the same. This seminar will provide you with the tools you will need to navigate decisions as a family.

24th: Emotional Intelligence

Many of us know that getting along with others is the key to success. Our ability to "play nicely in the sandbox" is fundamental to both our career and our health. We will discuss what an emotion is, why you are having it and understand how our feelings can affect our moods in our daily life and the people that surround us.



DECEMBER

8th: Resiliency – Looking Back and Looking Forward

As we all know, the past few years brought change, transitions, joy and losses. This class will allow you to reflect, learn from your experiences and exhale, as you shift your focus toward the future and on positive growth. This session will be interactive as we will discuss how to move forward while acknowledging what we have experienced.

22nd: Critical Thinking

Beyond just memorizing facts or learning from rote, learning to think critically expands a person's ability to problem-solve and see things in a new way. By learning how to ask different kinds of questions, we open the floodgates to different ways of viewing concepts. This class will take a look at the origins of critical thinking concepts as well as applications of them in our work and private lives.