

2021 Webinar Calendar – First Choice Health EAP

January

What Stress and Diet Have in Common

Presented by: [Jamie Kistler](#)

Join us to learn how stress plays a part in your overall health. Stress, inflammation and diet have an interesting relationship. In this session, we will learn how to differentiate between normal and chronic stress. We will also uncover the effects of chronic stress on our hormones (and thus on our body weight). We will look at what nutrients your body needs when you are “stressed out” and, finally, learn some great stress management strategies.

February

Calm Down: Meditation and Relaxation Guide

Presented by: [Dr. Delyvina Miremadi-Baldino](#)

Learning to calm and center ourselves is a necessary skill. Making time for a regular practice of meditation, yoga or another form of relaxation can be challenging. In this seminar, we'll review some of the most popular relaxation tools and how to integrate them into our busy lives. We'll discuss how to find and make time, even if you think you're totally overbooked already!

March

Stress Relief for Caregivers

Presented by: [Gail Pendergrast](#)

Taking care of others can take a major toll on your life, your mood, and your mental and physical health. Participants will learn to focus on what they can control in their own lives, so they can better manage the strain of their heavy responsibilities. This session will provide a series of simple steps to reduce your stress and avoid burn-out, including relaxation techniques, healthy sleeping habits, healthy coping skills, and building a system of support. Participants will also learn about online resources and the importance of avoiding social isolation for mental and physical health.

April

Living Debt Free

Presented by: [Christine Luken](#)

Is your wallet full of credit cards, but low on cash? Are most of your paychecks already spoken for in the way of debt payments by the time payday rolls around? Many people are burdened with the debt they are struggling to pay every month - car payments, student loans, medical bills, credit cards payments, and so on. This webinar is an interactive session that teaches how to break the chain of debt, so participants can start building wealth and enjoying life. We will walk you through the process step by step, so you can begin the journey to living debt free.

May

Healthy Connections

Presented by: [Zoë Kobrin](#)

Studies have shown that individuals who feel a sense of connection to others and to their communities are likely to live longer and enjoy happier, healthier lives than those who do not. Though we're more "connected" than ever these days through technology, the amount of real, quality interactions is dwindling. We're living farther apart from family and friends and spending more time in front of screens-even when we're surrounded by others, we're often in our own world. This session will review some simple steps for enhancing a sense of connection, even for those of us with the busiest of schedules. We'll learn how some very small, sustainable changes can make a huge impact on both physical and emotional well-being.

June

Innovative Decision Making: Problem Solving

Presented by: [Jamie Hansen](#)

Some of the best business ideas and new products have resulted from innovative thinking. Why? The most creative people see options more than they see problems. Creative problem solving involves a mix of divergent and convergent thinking ? our ability to both generate options and evaluate them to select the best one. Our capacity to be innovative also makes us more flexible, often able to work better with others and to contribute valuable new ideas to our work teams. Have you ever wanted to learn to be more of an ?out

of the box? thinker? Now you can! Join us for this experiential workshop and learn to: utilize multiple ways of thinking, frame problems as questions, use generative brainstorming, and suspend judgement in solving old problems in new ways.

July

Respect at Work

Presented by: [Dr. Ellen Contente](#)

Feeling respected in the workplace is of paramount importance. Earning and maintaining that respect can sometimes be challenging. In this seminar, we will discuss how to make sure your workplace is respectful of all employees. We'll troubleshoot how to spot and address impediments to a respectful workplace. We'll discuss strategies for both managers and employees to earn and maintain the respect we all want and deserve.

August

Social Media for Parents

Presented by: [Vaquesha Taybron](#)

How can parents make sure kids are using social media safely and appropriately? Not every parent is involved in social media. If your child is using social media, that is a good reason why you should be too. Learn how to keep an open line of communication regarding your child's activity online, establish privacy, set proper boundaries, and monitor healthy usage.

September

Bullying at Work

Presented by: [Yvonne Agnello-Adams](#)

It is estimated that 1 in 5 U.S. workers has experienced bullying in the past year. The overwhelming majority of employees bullied at work leave their jobs without taking action. Having a respectful workplace is everyone's right. This seminar will empower employees, so they are not a victim of bullying. It will show how to protect yourself and coworkers from being bullied. It will enable employees to identify and respond to workplace intimidation and learn how to spot bullying behaviors. Learn the strategies for responding to bullying, protecting yourself from bullying, what steps to take if bullying does not stop, the emotional impact of bullying, and what resources are available.

October

Building Effective Teams in the Digital Workplace

Presented by: [Kathy Kacher](#)

Today's team doesn't always work in the same office or even the same country. This session provides interactive activities that will show participants how to keep flexible and remote employees engaged and productive by leveraging technology, improving communication and implementing accountability. In this webinar, we will: assess team strengths and areas for improvement, establish effective practices to enhance communication and a strong team culture, identify ineffective work processes that contribute to heavy workload and frustration, develop practical solutions with maximum impact, and create a team action plan to meet individual, team and business goals.

November

Reclaim Your Joy

Presented by: [Mai Trinh](#)

Children experience joy on a regular basis. But when we become adults, time pressures and competing demands can make joy seem like a foreign concept. However, it's essential to overall well-being that we make time for it. This fun, engaging seminar will help you tune in to what's most important and make a simple plan for incorporating more joy into your daily routine.

December

How to Have Difficult & Sensitive Conversations

Presented by: [Eva Churchill](#)

There's a belief that it's possible to talk to anyone about anything as long as the tone and timing are right. This seminar will discuss how to be strategic in our most sensitive conversations. We'll work to better understand and articulate our own motivations. And we'll endeavor to increase our empathy and awareness towards others. Whether it's asking your boss for a raise or telling your mother you're not coming home for the holidays, you can improve your confidence, clarity and kindness.