

2026

EAP Wellness Webcasts

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LIVE SEMINAR

	TOPIC
JAN 7	Uncovering Purpose The search for purpose can be lifelong. Uncover clues about what gives you purpose and learn how to make it part of your everyday life.
JAN 14	What's for Dinner? Meal Planning Made Simple It's hard to prioritize healthy meals after a long, tiring day. We'll show you how planning ahead can help make healthy choices easier.
JAN 28	Boosting Belonging at Work Feeling like we belong in a community, such as our workplace, is a crucial part of well-being. Learn what belonging looks like at work and how to build it.
FEB 11	Managing Financial Stress Money worries are a common stressor. We'll talk about the emotional impact and how to start reclaiming your balance with solid strategies and resources.
FEB 25	Managers: Employee Stress Management You can't eliminate work stressors, but you can help employees manage them. Learn to spot signs of stress, address triggers and reinforce resilience.
MAR 11	Living with Grief and Loss There's no easy way "through" grief. But we can share strategies to help you understand the emotional journey and cope with the challenge of living with loss.
MAR 25	Mindfulness: Release the Stress Our multi-tasking minds are always going a mile a minute. What would happen if we stopped for a moment? Join us to explore the practice of mindfulness.
APR 8	Neurodiversity at Work: Thinking Differently Together Neurodiversity can be a workplace advantage but may also pose challenges. Learn how you can help support an environment where everyone can thrive.
APR 22	Stress Relief: Train Your Brain A high-alert stress response that stays "on" can tie us in knots. Try science-backed techniques that can rewire a calmer response. English & Spanish
MAY 6	Mental Health: Let's Talk About It Mental health issues are often hidden in the shadow of stigma. We'll shed light on the realities and discuss how to offer support.
MAY 20	Managers: Drug and Alcohol Awareness Substance use can have a serious impact in the workplace. We'll review drug and alcohol basics, how to address concerns, and resources for support.
JUN 3	Parenting in the Digital Age Snaps, reels, memes...names and platforms are constantly changing, but digital technology is here to stay. Get tips for helping your child use it safely and well.
JUN 17	A Guide to Smart Homebuying Decisions Buying a home is a big step! Understanding key aspects, such as how to find an agent, mortgage types, and common pitfalls, can help you feel more prepared.
JUL 8	Make the Choice to Be Healthy Good health doesn't happen magically. Our choices matter. Join us to look at key ways to build a solid foundation for wellness. English & Spanish
JUL 22	Uncovering Purpose at Work You don't have to change jobs to find purpose, you can uncover it right where you are! We'll share strategies and tools that can help you feel more fulfilled.
AUG 5	Revitalize Your Relationship Could your relationship use some TLC? We'll discuss the essentials of happy, healthy partnerships and share simple but powerful ways to enrich yours.
AUG 19	Managers: Navigating Complexity Many management situations have no instruction manual. Learn how to innovate, make decisions, and lead in complex times.
SEP 9	Retirement: Navigating Common Risks Managing risk is critical for a sound financial future. We'll discuss retirement variables such as market volatility, taxes, longevity, timing, and surprise expenses.
SEP 23	Bridging the Gaps: Generations at Work We all want a positive work experience, but what that looks like may differ by generation. We'll explore influencing factors and tips for working well together.
OCT 7	Managers: Neurodiversity at Work Having a clear understanding of neurodiversity can help you help ALL of your employees thrive. We'll review accommodations and inclusive best practices.
OCT 21	Workplace Bullying Bullying doesn't just happen in school hallways. Learn how to identify it in the workplace, cope with the impact, and respond assertively.
NOV 4	The Power of Compassion We're wired to be kind, but life can override that instinct. Discover how to tap the benefits that being compassionate – to others and ourselves – can bring.
NOV 18	Thriving Through Uncertainty Life is unpredictable and that can be stressful. Get strategies for managing reactions, making decisions, and taking action in spite of uncertainty.
DEC 2	The Power of Gratitude Even in the hardest times, there's something to be grateful for. Discover how an "attitude of gratitude" can help you feel enriched and empowered.



All seminars are one hour and take place on Wednesdays at 2 pm ET / 1 pm CT / 11 am PT.
On-demand replay will be available starting 1 hour after the live presentation.