



# 2023 WEBINAR SCHEDULE



- Jan. 23 at 10 A.M. *How to Live a Mentally Healthy Life in the 21st Century*
- Jan. 30 at 10 A.M. *How to Take More Initiative in Your Work*
- Feb. 13 at 1 P.M. *How to Effectively Supervise a Hybrid Work Team*
- Feb. 24 at 10 A.M. *Healthy Boundaries and Work-Life Balance*
- Mar. 17 at 10 A.M. *Mastering Your Money in Difficult Times*
- Mar. 27 at 1 P.M. *How to More Effectively Respond to Stressful Situations*
- Apr. 14 at 10 A.M. *Raising Resilient Children*
- Apr. 28 at 10 A.M. *Tackle Unhealthy Habits and Transform Your Life*
- May 15 at 1 P.M. *How to Become a More Effective Manager*
- May 26 at 10 A.M. *Work Smarter, Not Harder – Become a Time Management Master*
- Jun. 9 at 10 A.M. *Powerful Communication: Harnessing Effective Techniques to Enhance Your Style*
- Jun. 23 at 10 A.M. *Preventing and Overcoming Burnout*
- Jul. 7 at 10 A.M. *How to Utilize Communication Skills to Maximize Career Success*
- Jul. 21 at 10 A.M. *Stress and Its Impacts on Your Health*
- Aug. 11 at 10 A.M. *Staying Optimistic Conquering Negative Thoughts*
- Aug. 21 at 1 P.M. *How to Give Difficult Feedback to Your Employees*
- Sep. 8 at 10 A.M. *Money on My Mind: Dealing with Anxiety*
- Sep. 18 at 1 P.M. *Managing the Stress of Change*
- Oct. 13 at 10 A.M. *Customer Service Excellence*
- Oct. 30 at 1 P.M. *How to Better Manage the Stress at Work*
- Nov. 6 at 1 P.M. *Managing the Stress of Time and Competing Priorities*
- Nov. 17 at 10 A.M. *How to More Effectively Manage Our Thoughts and Emotions*
- Dec. 1 at 10 A.M. *Four Steps to Resolving Conflict and Restoring Relationships*
- Dec. 15 at 10 A.M. *How to Cope with Change and Uncertainty*

Please join us for any of the wellness webinars listed above! Register for an upcoming session by scanning the QR code.

If you cannot watch a certain webinar at its scheduled date/time, a recording will be made available at a later date.

