

2020

EAPHelplink Monthly Seminar Promotional Calendar



	THEME	ONLINE SEMINAR	DESCRIPTION
JAN	Financial Goals	<i>Your Financial Check-up</i> Available on Demand Starting Jan 21st	Seminars can be found on your EAPHelplink home page, or you can search for them by title. Walk through a "financial check-up", guiding you through the necessary steps to examine your finances.
FEB	Setting Realistic Expectations	<i>Managing Workplace Stressors</i> Available on Demand Starting Feb 18th	Get information and strategies to address and manage professional stressors effectively.
MAR	Professional Development	<i>Planning for Professional Growth</i> Available on Demand Starting Mar 17th	Discuss the four stages of professional careers and get tools to develop a self-assessment plan that can lead to your career growth.
APR	Practical Parenting	<i>Effective Communication With Children</i> Available on Demand Starting Apr 21st	Learn about different communication styles and how to communicate effectively, starting in early childhood.
MAY	Accepting Aging	<i>Accepting Aging: Yourself and Others</i> Available on Demand Starting May 19th	Examine "normal" age-related changes and identify ways for you to come to terms with your own aging.
JUN	Conflict Resolution	<i>Say What You Mean the Right Way</i> Available on Demand Starting Jun 16th	Identify barriers to clear communication and discuss how to apply tips for effective communication.
JUL	Adventuring and Exploring	<i>Explore New Horizons and Expand the Mind</i> Available on Demand Starting Jul 21st	Discover the possibility and promise of seeking and exploring new horizons.
AUG	Outsource Your To-Do List	<i>Outsourcing Your To-Do List</i> Available on Demand Starting Aug 18th	Learn to outsource the more thankless chores and discover a world of potential, leading towards a happier and more fulfilling way of life.
SEP	Work and Family Balance	<i>The Secret to Work-Life Balance</i> Available on Demand Starting Sep 15th	Uncover the secret to securing a healthy work and family balance.
OCT	Mental Strength	<i>The Mental Strength Workout</i> Available on Demand Starting Oct 20th	Learn skills and strategies to exercise the power of your mind and increase your mental fortitude.
NOV	Healthy Ways to Cope with Stress	<i>Building Resilience Muscles</i> Available on Demand Starting Nov 17th	Learn resilience by understanding yourself and identifying the mental obstacles that get in your way.
DEC	Being Grateful	<i>Know Your Strengths</i> Available on Demand Starting Dec 15th	Explore how confidence and a strengths-mindset can enable you to respond more creatively to challenges.

WHATEVER YOU NEED, WE ARE HERE TO HELP.

Just call or log on to get started.

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