

# 2020

## Promotional Calendar

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

### YOUR EMPLOYEE ASSISTANCE PROGRAM

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