

# Employee Assistance Program 2021 Webinar Calendar



	THEME	ONLINE SEMINAR	DESCRIPTION
			Seminars can be found on your home page, or you can search for them by title.
JAN	<b>Reframing Your World</b>	<b><i>Reframing Your World</i></b> Available on Demand Starting <b>Jan 19th</b>	Discover the practical ways to reframe your perspective to live a more present and positive life.
FEB	<b>Setting Goals</b>	<b><i>Setting Goals for Your Future</i></b> Available on Demand Starting <b>Feb 16th</b>	Learn how to strategically set short-term and long-term goals to help you succeed in all areas of your life.
MAR	<b>Planning for Success</b>	<b><i>Planning for Success</i></b> Available on Demand Starting <b>Mar 16th</b>	Explore the secrets behind being more organized and more efficient to help combat and reduce overwhelm.
APR	<b>Financial Security</b>	<b><i>The Steps to Financial Security</i></b> Available on Demand Starting <b>Apr 20th</b>	Understand the practical ways you can feel more secure and more stable in your finance management.
MAY	<b>Addressing Anxiety</b>	<b><i>Addressing Anxiety in an Uncertain World</i></b> Available on Demand Starting <b>May 18th</b>	Learn how to recognize and manage anxiety to actively combat the physical and mental effects in a practical way.
JUN	<b>Healthy Relationships</b>	<b><i>Building Healthy and Happy Relationships</i></b> Available on Demand Starting <b>Jun 15th</b>	Identify the ways to build and maintain healthy relationships with those around you, with a focus on the importance of boundary setting.
JUL	<b>Summer Holiday</b>	<b><i>Maximizing Your Summer Break</i></b> Available on Demand Starting <b>Jul 20th</b>	Learn some straightforward and effective ways to make the most of your holidays and maximize moments and memories for you and your family.
AUG	<b>Building Confidence in Children</b>	<b><i>Raising Confident Children</i></b> Available on Demand Starting <b>Aug 17th</b>	Attain the skills and insight to boost your children's confidence and self-esteem and help them to become empowered and resilient adults.
SEP	<b>Being Present</b>	<b><i>Switch on to Being More Present</i></b> Available on Demand Starting <b>Sep 21st</b>	Discover the key to being more present and actively taking the time to digitally disconnect to spend quality time with those around you.
OCT	<b>Embracing Differences</b>	<b><i>Embracing Diversity and Differences</i></b> Available on Demand Starting <b>Oct 19th</b>	Learn about how to live and work in a way that is respectful, kind, and embraces diversity in all walks of life.
NOV	<b>Caring for Our Elders</b>	<b><i>Caring for Our Elders</i></b> Available on Demand Starting <b>Nov 16th</b>	Find out more about the aging process and how to both practically and emotionally care for elderly relatives.
DEC	<b>Making Time to Make a Difference</b>	<b><i>Paying it Forward</i></b> Available on Demand Starting <b>Dec 21st</b>	Understand the small but powerful ways that everyone can 'pay it forward' and make a difference to the lives of others.

TOLL-FREE:  
1.800.833.3031

WEBSITE:  
[www.EAPHelplink.com](http://www.EAPHelplink.com)

CODE:  
IOWA