

Free live webinars

Part of your Employee Assistance Program (EAP)

Learning can boost self-confidence, build purpose and help connect you with others. But finding the time for personal and professional development can be tough. Your Employee Assistance Program (EAP) makes this easier by offering chances to grow your mindset each month. Live and pre-recorded webinars focus on topics that can help you feel productive and think differently about life at home or at work. Join us! They're free and fun.

FOR ALL EMPLOYEES | 2023 Sessions at 12 PM – 1 PM & 3 PM – 4 PM ET

Bringing Mindfulness into Your Life 1/18/23

Mindfulness practices are shown to reduce stress and provide a variety of benefits to an individual's mental health. In this session, learn how mindfulness techniques can be used in everyday life for a more present and intentional existence.

Importance of Having a Will 2/15/23

You work hard for your money, and you should make sure that it, and your other assets, end up where you want after your death. There is much confusion about what you need to do to preserve your wealth and intentions, and in this class participants will leave understanding the components and alternatives to their choices.

Deep Cleaning Your Life 3/22/23

Life is a complicated web of stuff, places, people and responsibilities. How often do you stop and really look at the elements of your life? In this session learn how to take the principles of "Spring Cleaning" and apply them to your whole life year-round.

Healthy Workplace Boundaries 4/19/23

With so much time spent at work, and many of us working out of our home, the lines between personal and professional life can get blurry. In the session learn how to better define and support the boundaries between your work and home life.

Managing your Mental Health 5/17/23

Mental health is impacted by a wide variety of factors—from major mental health issues to everyday life. In this session we will review common impacts on mental health, tips to manage them and signs you may want to seek help.

Choosing Kindness 6/21/23

A little bit of kindness can go a long way, but it isn't always easy. Kindness is also a skill that can be developed. In this session we will review some tips to lead a kinder life.

Documents for Life 7/19/23

It is often difficult to discuss the future with aging parents and other older relatives. This seminar will guide you through the important discussions to have with your aging relatives, including managing and documenting their financial and healthcare plans and preferences. We will cover the documentation that you should consider putting in place, including advance directives, beneficiary forms, wills and trusts.

Embracing Change 8/23/23

While sometimes exciting, change can also bring about uncertainty, discomfort and fear. In this session learn strategies for dealing with change to take yourself from surviving change to thriving in it.

Supporting Others Through Mental Health Struggles 9/20/23

Watching someone you know struggle with their mental health can leave you feeling helpless. In this session learn how to approach and support someone who is struggling, while also still taking care of yourself.

Handling Financial Stress 10/18/23

A significant subset of Americans are living paycheck to paycheck right now, including many with six-figure incomes. Are you one of them? What can you do about it? This course focuses on concrete ways to stabilize and support your income, control your spending and plan for emergencies.

The Power of Laughter 11/8/23

Everyone knows laughing makes you feel good, but its benefits go beyond that. In this session explore the energizing power of laughter and learn to approach life with a little more humor.

Managing Holiday Stress 12/13/23

While the holidays are seen as a time of joy and celebration, they can also be a time of tremendous stress. In this session learn strategies to better manage holiday stress and get more out of what the holidays mean to you.

Register for live sessions today!

eap.ndbh.com

Code:

800-624-5544



FOR LEADERS & MANAGERS | 2023 Sessions at 12 – 1 PM & 3 – 4 PM ET

Supporting Work/Life Balance 1/25/23

Our definition of work/life balance may look different than it had in the past. Join us to discuss ways to maximize your support for employees' work/life balance while remaining productive.

Redefining Your Stress Style 2/22/23

Stress can be either a negative or a positive influence in our lives, and each of us reacts to stress differently. In this session we will explore individual responses to stress and learn techniques to channel stress to the positive.

Strategies for Developing Remote

Employees 3/29/23

There are multiple benefits to remote employment, but it is not without challenges. We will explore strategies to construct a team environment that is inclusive and supports growth opportunities.

Fostering and Measuring Employee

Thriving 4/26/23

It's not enough to simply determine whether employees are engaged, but are they thriving, personally and professionally, to be most innovative, collaborative and productive?

Recognizing and Preventing Burnout

5/24/23

In a virtual or hybrid environment it can be more challenging to recognize an employee who is disengaged and burned out. Join us to recognize common signs of burnout and strategies for reenergizing employee engagement.

The Power of Perseverance and Grit

6/28/23

In this session we will examine the work of Angela Duckworth, "Grit", and consider how we might integrate powerful "grit" strategies into our lives and our work.

Putting Your Best Foot Forward - Online

7/26/23

In our world of ever-increasing virtual work and meetings, we may never meet co-workers, clients, partners, and vendors face to face. In this session we'll explore guidelines for engagement in the new paradigm of virtual work.

Fostering Agility in your Workplace

8/30/23

Workplace agility is an organization's ability to adapt swiftly and collaboratively to ever-changing needs, market demands, technology and initiatives. Join us to explore tactics for strategically fostering increased agility on your team.

Supporting Employees with personal

Challenges 9/27/23

Everyone faces personal challenges at some point, and those challenges can follow people to work. In this session we will review strategies to support employees dealing with mental health issues, substance use, grief and loss, etc.

Inspiring Employees to Take Ownership

of Their Work 10/25/23

We often see "good" employees who get the assigned task done well but are hesitant to take ownership of their work to "next steps", innovation or collaboration. In this session we will discuss tactics to empower employees to achieve and excel.

Building Team Trust 11/15/23

Authenticity and trust are essential for productive, energized teams. In this session we will address how to determine the trust quotient of your team, recognize the weak links, and build a team of support, authenticity, respect, and trust.

Providing Effective Feedback 12/20/23

Giving employees feedback is essential in a leadership role, but many struggle with the confidence to do it. In this session we will examine methods for improving communication and clarity between managers and employees.

How to sign up

1. Visit eap.ndbh.com
2. Enter your company code
3. Scroll down to the **Check Out Our Webinars** box
4. Click **Register for Live Webinars**
5. Choose your session, complete the easy registration form and receive confirmation

Questions? Connect with your EAP customer success manager, HR department or eaptraining@ndbh.com.

Webinar Sessions Time Zone Conversion

EASTERN 12 – 1 PM | 3 – 4 PM

CENTRAL 11 AM – 12 PM | 2 – 3 PM

MOUNTAIN 10 – 11 AM | 1 – 2 PM

PACIFIC 9 – 10 AM | 12 – 1 PM

Share and attend these learning opportunities!

In addition to these live webinars, eap.ndbh.com offers pre-recorded sessions on topics such as stress and diet, meditation and relaxation, sleep, saving money, identity theft and more. Virtual training events are also available 24/7/365.

800-624-5544



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