



2023 EMPLOYEE ASSISTANCE PROGRAM

EAP Wellness Seminars and Management Trainings Catalog

Together, all the way.®



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REAL SUPPORT FOR REAL LIFE

Wellness seminars and management trainings are an important part of the Employee Assistance Program (EAP) benefit.

Your EAP offers access to a broad range of seminars to help employees and managers reduce stress, stay healthy and perform at their best - which helps your organization perform at its best, too.

The EAP wellness seminar and management training catalog has over 175 topics to offer to your workforce. These seminars have been researched and developed by subject-matter experts. Our seminar presenters are licensed clinicians and/or professional speakers with extensive experience in the field of employee assistance and counseling.

Wellness seminars are generally an hour in length, and management seminars are one to two hours. Most presentations include a combination of lecture, discussion, experiential exercises and handouts.

Your Employer Service Coordinator team can help you explore all of the offerings to find the right fit. They can identify an individual seminar or suggest topics to create a multi-seminar series.

PLANNING A SEMINAR

How do I make a request?

To request a seminar for your employees, please contact your

Employer Service Coordinator team at 800.577.9391 or eshcomments@Cigna.com

What is the cost?

Your company has purchased a bank of Employer Service Hours (ESH) that may be used for on-site services, including wellness seminars. The number of ESH deducted is dependent on the length and type of the seminar selected.

Please refer to your organization's policy governing the use of ESH, or contact your Employer Service Coordinator team for more information.

Can I host a webinar or virtual seminar?

Seminar topics are available to be presented in a webinar format. These are scheduled in the same manner as an in-person training. Your organization is responsible for all technology to support webinar delivery.

EAP seminar materials are copyrighted and cannot be recorded, modified or reproduced.

What if I need to change or cancel a scheduled seminar?

If there is a need to cancel, change or reschedule a seminar, please call the **Employer Service Coordinator team at 800.577.9391** at least five business days in advance of the seminar date.

Please note that ESH will be deducted from your account for cancellations/changes with less than five full business days' notice.

EAP seminars are intended for domestic audiences only. They are not available for international audiences.

PRE-SEMINAR TO-DO LIST

Plan ahead

Please give us at least 4 weeks notice (6 to 8 weeks notice for legal or financial seminars) to allow enough time to organize an effective seminar for your organization.

1. Review your organization's training needs when selecting a topic. Consider:

- Offering orientations to the EAP to better understand the benefit
- Mandatory training needs
- Employee or manager skill development opportunities
- Recurring issues or needs in the workforce (e.g., parenting or senior care needs, health or fitness information, diversity, stress management)
- Reviewing utilization data for trends at site(s); contact your EAP account manager for assistance

2. Contact the Employer Service Coordinator team to initiate a seminar request:

- Review team schedules and calendar to determine preferred dates and times for a seminar. (Please note the time frames required for your selected topics in the seminar listing)
- Complete the Seminar Request Form and email to eshcomments@cigna.com
- To consult on available topics that meet your training needs, contact the Employer Service Coordinator team directly at **800.577.9391** or eshcomments@cigna.com

3. Complete housekeeping and logistical tasks:

- Book conference room for on-site seminars or create webinar link for webinar presentations
- Schedule equipment and tech support availability (site is responsible for providing any technical equipment, such as laptop or projector)
- Send out a seminar announcement or webinar link to expected attendees using your internal promotional channels: intranet, email, etc. Promotional communications will be provided by your Employer Service Coordinator team.

1-2 weeks prior

- Make contact with the presenter to confirm date, time, directions, security procedures, room or webinar setup, and estimated number of participants. Discuss any special concerns you have about the seminar or audience
- Send reminder notice to expected attendees through identified communication channels
- Confirm equipment/tech support
- Alert security and/or front desk that presenter will be coming to the site

Day of presentation

- Work with presenter and/or tech support to ensure that equipment is functioning properly. For virtual presentations, log into webinar platform early to troubleshoot any technical issues
- Be available for any problems
- After the seminar, complete HR seminar evaluation form that was provided to you from your Employer Service Coordinator team. This feedback helps us improve the quality of future seminars

To coordinate a seminar, please call 1.800.577.9391 or email eshcomments@Cigna.com

Please note that Employer Service Hours will be deducted from your account for cancellations/changes with less than five full business days' notice.

WHAT'S NEW?



2023 catalog additions

Your feedback is very important to us. So each year, we create a variety of new seminars for you to offer to your workforce. We also update our existing seminars with the latest content. To learn more about this new material, contact your Employer Service Coordinator team. **Icons indicate available time frames and formats for each topic.**

New Seminars for Employees

Beating the “Blahs”: Small Steps to Flourishing

60

Are you feeling aimless, flat, or bored with everyday life? Gain small step strategies to move out of the blahs and into a more motivated and contented state of flourishing.

Coping and Resilience in Challenging Times

60

When current events spin up to a crisis level, we can feel the impact in many ways. We'll discuss strategies for calming worries and share realistic ways to regain balance.

Coping in the Aftermath of a Mass Shooting

30

A random act of violence can shatter our sense of safety and trigger deep emotions. We'll share strategies for managing your thoughts and feelings and supporting your child.

Ditch Your Excuses! Commit to a Healthy Lifestyle

30 60

Healthy eating and exercise can be hard to put into practice. We'll explore common excuses that stand in the way of a healthy lifestyle and learn strategies to overcome them.

Diversity: Let's Talk About It

60 90

Diversity can be a challenging topic. We'll discuss why and talk through how to build awareness and skills that support inclusivity and personal growth.

Emotional Exhaustion: Fighting the Fatigue

60

Navigating relentless challenges can leave us feeling adrift and weary. Explore mental shifts and simple actions that can help you regroup emotionally and re-spark your essential vitality.

Emotional Fitness Series: Embracing Empathy

30 60

Cultivating our sense of empathy can improve our emotional well-being and lead to stronger relationships. Join us to review strategies that can help you develop your empathy skills.

Emotional Fitness Series: Dealing with Difficult Emotions

30 60

Difficult emotions like anger, anxiety, fear, and uncertainty can feel hard to manage. We'll cover strategies to become aware of our emotions and learn how to cope with them effectively.

Emotional Fitness Series: Practicing Self-Compassion

30 60

Showing ourselves compassion has a powerful effect on our well-being, ability to manage stressors, and more. Learn to talk back to your inner critic and shift to self-kindness instead.

Exercise Essentials: Your Guide to Getting and Staying Active

30 60

Exercise is important, but it's easy to neglect when time or energy is short. Join us to discover how three key types of exercise can help you build an effective, sustainable workout.

The Power of Connection: At Work

60

Feeling disconnected can have a powerful impact on our work and well-being. We'll discuss challenges and how to build meaningful connections.

Available formats: 30 minute 60 minute 90 minute SP Spanish

To coordinate a seminar, please call 1.800.577.9391 or email eshcomments@Cigna.com

Please note that Employer Service Hours will be deducted from your account for cancellations/changes with less than five full business days' notice.

WHAT'S NEW?

New Management Trainings

Compassionate Leadership

60 90

Does compassion really belong in a leader's skill set? Research says yes! Learn what it looks like and how you can use it to manage effectively. *Interactive scenarios included with 90 minute presentation.*

New Legal and Financial Seminars

Adjusting Finances During Challenging Times

60

Feeling the sting of a tough economy? Market volatility and inflation can lead to rising levels of financial stress. We will discuss steps you can consider to reduce or avoid added strain. We'll also talk about what may be causing the change in prices, how you might adjust your budget, and resources available to you.

Now Available in Spanish

Beating Burnout

60

Change and Challenges: Navigating with Resilience

60

Ditch Your Excuses! Commit to a Healthy Lifestyle

60

Embracing Optimism

30 60

Exercise Essentials: Your Guide to Getting and Staying Active

60

Mental Health: You Can Make a Difference

60

The Power of Gratitude

60

Wellness One Notes: Micro Moves for Better Health

30 60

Workplace Conflict: Strategies and Solutions

60 90

To coordinate a seminar, please call 1.800.577.9391 or email eshcomments@Cigna.com

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ORIENTATION

To EAP benefits and services



The EAP offers access to a broad range of services to support managers and help employees optimize their total health – physical, emotional and social – so they can come to work focused, positive and ready to perform at their full potential. Orientation seminars can help your managers and employees learn more about EAP and what it can do for them. Contact your Employer Service Coordinator team to learn more. **Icons indicate available time frames and formats for each topic. Note that 30-minute seminars are charged a full Employer Service Hour (ESH) per request.**

Manager Orientations

Manager's Guide to the EAP 30 60 SP

Did you know that EAP spells support? You've probably heard that we offer an Employee Assistance Program (EAP) as a company benefit, but you may not be familiar with the wide range of services it provides. Join us to explore all the ways that your EAP can support you – as a manager and an employee.

Manager's Guide: Critical Incidents and the Workplace 60 90

A traumatic event at or in the area of your workplace can have a wide-reaching effect. Targeted support can help the workforce navigate the stress with greater resilience. Join us to gain tools, strategies, and resources that can help you be ready to respond in the immediate aftermath and beyond.

Manager's Guide: Making a Management Referral 60

You may have heard that the Employee Assistance Program can be a useful management tool. But how does it work? Come and find out what it can do for you! Discover how a management consult can help in your role as a manager. And learn the steps for referring an employee to the EAP.

Employee Orientation

Employee Orientation to the EAP 30 60 SP

Want to know more about your EAP and its benefits? Join us to find out how it can make life easier for you and your household members. The EAP can help with a wide range of work/life concerns – from life stressors to relationship issues to dealing with finances and much more, at no cost to you.

EAP Confide Behavioral Health Navigator

Employee Orientation to Confide Behavioral Health Navigator 60

From personal challenges to workplace stressors, we can all use help finding our way. Join us to learn how Confide Enhanced EAP is here for you. We'll review the various quick, convenient ways to connect with support when you need it and the wide range of services available at no cost to you. *This seminar is only available to companies who have purchased the Confide Behavioral Health Navigator.*

Manager's Guide to Confide Behavioral Health Navigator 60

Join us to discover how Confide Enhanced EAP can help you handle managerial challenges while maintaining your own wellbeing. We're here when you need us to consult on workplace issues and ready with support to make your job easier. And we're an easily accessed resource for life challenges too! *This seminar is only available to companies who have purchased the Confide Behavioral Health Navigator.*

Available formats: 30 minute 60 minute 90 minute SP Spanish

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SEMINARS FOR EMPLOYEES

Help keep your employees performing at their best.

From achieving success to revitalizing a relationship. From taming stress to holistic health. Whatever issues your employees face – BIG or small – the Employee Assistance Program offers seminars that can help.

Your Employee Service Coordinator can help you explore all of the offerings to find the right focus for your population and the issues or areas of development that you would like to address.

To learn more, contact your **Employer Service Coordinator** at **800.577.9391** or eshcomments@Cigna.com.

Quick links for digital use

[Emotional Well-Being Seminars](#)

[Stress Management Seminars](#)

[Wellness Seminars](#)

[Family Matters Seminars](#)

[Personal Development Seminars](#)

[Workplace Topics Seminars](#)

[Bring Your Child to Work Day Seminars](#)

EMOTIONAL WELL-BEING

Anniversary of a Traumatic Event: Managing Distress 30

Traumatic events, such as a natural disaster, a terror attack, or a personally traumatic incident can leave a long-lasting imprint. Anniversaries can reawaken the difficult thoughts and emotions. This is normal, but can feel unsettling. We'll talk about how to manage the feelings, proactive moves that can help, and getting support when you need it.

Beating the "Blahs": Small Steps to Flourishing 60

Are you feeling aimless, flat, or bored with everyday life? It may be a case of "languishing." In this seminar, we'll uncover a path from the blahs to a state of flourishing - a feeling of contentment and renewed drive, interest and engagement with life. We'll share a range of strategies you can incorporate into your everyday routines in small, realistic steps.

Blueprint for Emotional Wellness 30 60 SP

Trying to manage life's challenges and be our best selves can sometimes seem overwhelming. Join us to explore and develop the natural strengths that can help. You'll learn how to grow more self-aware and tap your inner wisdom. We'll talk about managing emotions and thoughts in a positive way and why a good support system is so important.

Change and Challenges: Navigating with Resilience 60 SP

Building up your resilience "muscles" can help you deal more effectively with challenges, uncertainty, and change. Join us to learn what resilience is and how to identify it in yourself. Explore techniques and tactics that can help you to adapt and stay productive during stressful times.

Conquering the Winter Blues 60

For some, winter is invigorating, but for others, the cold, short days can be difficult. In this seminar, we'll look at what can lead to wintertime blues and Seasonal Affective Disorder (SAD). We'll discuss the difference between the two and share insights on how to handle each of them.

Conversations About End of Life 60

Many of us struggle when it comes to discussing thoughts, feelings, and wishes related to end of life. But not having these conversations can rob this last stage of precious quality. Join us to look at why we're uncomfortable and how to get past it. Learn what could be valuable to touch on and words that can help you get started.

Coping and Resilience in Challenging Times 60

When current events spin up to a crisis level, we can worry about the future and what might happen next, while trying to process what is happening now. Join us to talk about how our natural resilience can be nurtured and strengthened to cope. We'll discuss strategies for calming worries and share realistic ways to regain some balance.

Coping in the Aftermath of a Mass Shooting 30

A random act of violence can shatter our sense of safety. Even just hearing about it or seeing images can leave us struggling with feelings of sorrow, anger, fear, and helplessness. Join us to discuss strategies for managing difficult thoughts and feelings and review actions that can reduce the sense of powerlessness - for you and your child.

Coping with the Impact of Racial Injustice 30

Violent acts of racial injustice can shake the core of our humanity and trigger many emotions. In this seminar, we'll review stress reactions and share strategies for maintaining our well-being as we try to process what we're experiencing. We'll also discuss how to talk to children about their concerns.

Embracing Optimism 30 60 SP

Being optimistic can impact your view of everyday situations, the world around you, and even how you view yourself. It may not come naturally, but everyone can build the power of positive thinking. This seminar will show you how to recognize and change negative thinking and develop a "glass half full" perspective.

Available formats: 30 minute 60 minute 90 minute SP Spanish

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EMOTIONAL WELL-BEING

Emotional Exhaustion: Fighting the Fatigue

60

Navigating relentless challenges can leave us feeling adrift, weary, and out of moves. In this seminar, we'll talk about how to regroup emotionally using simple mindset shifts. We'll explore how to restore a feeling of stability and shape a realistic day. And share ways to begin re-sparking our essential vitality.

Endings & Opportunities: The Power of Acceptance

60

Life is full of curveballs and closed doors. But we each have the power to not only survive, but thrive through change – the power of acceptance. Join us to understand what acceptance is (and is not). Discover strategies to help you embrace this attitude, and learn how it can open the door to new opportunities.

Finding Your Resilience

30 60

We all struggle when life plays rough. But some people seem to know how to bounce back better and faster. What's their secret? Join us to explore the concept of resilience – what it is and how to tap into yours. We'll look at what the science tells us. And discuss strategies for finding and growing your ability to respond with resilience.

Finding Your Resilience After a Disaster

60 SP

In the aftermath of a disaster, we can feel broken, fearful, and overwhelmed. How do we regroup and move forward? Join us to talk about how the natural resilience we all have within us can be nurtured and strengthened. We'll discuss strategies for calming worries and share realistic ways to begin regaining balance.

Holiday Happiness: Don't Let the Humbugs Bite

30 60

If you find yourself wishing you could skip the holidays altogether, you're not alone. For many people, the anticipation of difficult family interactions and overblown expectations can cause feelings of stress, anxiety, and even sadness. Join us to learn coping strategies to manage these emotions so you can find joy in the holidays.

Life with Cancer

60

How do we live whole and meaningful lives with all the challenges of such a frightening diagnosis? Join us to talk about the stressors and strategies for managing them. We'll look at the impact on relationships. And explore how you or a loved one can better manage the bad days and maximize the good days.

Living with Grief and Loss

30 60

Living with loss is one of the biggest challenges we face as human beings. While there is no easy way "through" the experience of grief, this seminar can help you gain a better understanding of what to expect. We'll talk about some helpful ways to cope and, if you need it, how to get additional support.

Living with the Threat of Violent Attacks

60

News of a violent mass tragedy can bring up fear, anger, grief and other strong emotions. We'll discuss strategies for managing the feelings and reclaiming a sense of balance. You'll also get tips on how to calm a child's fears. And review how to respond in the event of an active attack.

Mental Health: Let's Talk About It

30 60

Mental health issues are often hidden in the shadow of stigma. In this seminar, we'll shed light on the myths and misconceptions around mental health. Discuss obstacles that can stand in the way of getting treatment and how to overcome them. Learn how you can get support when you need it, and be a support for others.

Mental Health: You Can Make a Difference

30 60 SP

It can be hard to address the topic of mental health, especially in a work setting. But gaining greater understanding can help you help someone who is struggling. We'll talk about the stigma surrounding mental health and how you can move past it. We'll share some simple, but valuable ways you can lend support and make a difference.

Available formats: 30 minute 60 minute 90 minute SP Spanish

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EMOTIONAL WELL-BEING

Racial Targeting and Acts of Violence: Strategies for Coping

30

Racial targeting and acts of violence against the Asian American Pacific Islander community can trigger fear, anxiety, and anger. We'll review strategies for coping with these reactions and managing stress. We'll also discuss how to talk to children about their fears and concerns.

Secrets of Happiness

60

Who doesn't want to be happy!? But is getting there really a secret? You may be surprised! Join us to explore the science behind happiness. Learn what happiness means to you and how to get more of it in your life.

Suicide Awareness

30 60

While suicide can be an uncomfortable topic, talking candidly can bring greater understanding, as well as give you tools to help someone who is struggling. Learn the facts about suicide and what could put someone at risk. We'll discuss steps you can take and words you might use if you think someone may be considering suicide.

The Power of Connection: At Work

60

In a perfect world, we would have good buddies and trusted friends working alongside us. But this is often not the reality in the modern workplace. Feeling disconnected can have a powerful impact on our work and well-being. We'll discuss the challenges, including the impact of virtual workspaces, and how to build meaningful connections.

The Power of Connection: Tackling Loneliness

30 60

We don't like admitting we're lonely, but most of us are from time to time, even when we're surrounded by people or in a committed relationship. But we have the power to change this picture. Learn how to build your "connect-ability" by shifting self-defeating mindsets and get strategies for finding and growing meaningful connections.

Thriving Through Uncertainty

60

Living with unpredictability and unknowns can cause anxiety, fear, and discomfort. Explore strategies for coping with reactions to an uncertain world. We'll cover how to make decisions and take action at home and at work, even when the outcome is hard to predict. Learn how to move past living with uncertainty to thriving through it.

Understanding Addictive Behaviors

60

When someone you care about has a substance use disorder, it can upend their life and yours. We'll review brain processes and other influences that reinforce addictive behaviors. Discuss what your role should and shouldn't be and resources that can help. Gain strategies to stay emotionally balanced as you navigate this challenge.

Understanding Anxiety

60

We all worry, but what does it mean to live with true anxiety? Join us to learn how anxiety is triggered in the brain and factors that can push one from everyday worry into anxiety. We'll talk about how this common condition can be treated and share strategies to calm worrisome thoughts and the stressful feelings that go with them.

Understanding Depression

60

We all feel down at times, so why do some people develop depression? If you live with depression, or care about someone who does, you may have many questions. Join us to discuss causes, symptoms, approaches to treatment, and self-help strategies for depression.

Understanding Post-Traumatic Stress

60

Trauma can enter our lives in any number of ways. When it does, it can leave a long-lasting and stressful imprint. Join us to learn how the brain processes and stores traumatic memories and the role that plays in stress. We'll talk about how to manage the feelings, strategies that can help, and how to get support when you need it.

Available formats: 30 minute 60 minute 90 minute SP Spanish

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EMOTIONAL WELL-BEING

Why We Get Angry and What to Do About It

60

Anger is a normal, healthy human emotion. But when we can't control our response, it stops being valuable and can lead to behaviors that cause problems. Learn about what triggers anger and influences our reactions. Explore strategies that can help you control your anger in healthy ways and defuse angry situations with others.

Why We Worry and What to Do About It

30 60

We all get stuck on "what if's" and "should have's" from time to time. But when worry starts to impact everyday life in a significant way, you may need to rethink your thinking. We'll discuss strategies that can help you cope with and control worrisome thoughts. And talk about how to respond when anxiety goes beyond everyday worry.

Work and Personal Life: The Balancing Act

30 60 SP

You've got a family you love, amazing friends, and a demanding job – and they all want part of your life. But it feels like giving to one means taking from another. In this seminar, we'll discuss strategies that can help you fit the pieces together. Explore what balance means to you. And start a plan to achieve it.

Emotional Fitness Series

We know that regular workouts can make us more physically fit, but did you know that many valuable emotional skills can also be developed with practice? This emotional fitness series offers strategies for building emotional wellness in some key areas. Seminars can be grouped in a series or presented as individual topics.

Dealing with Difficult Emotions

30 60

Difficult emotions like anxiety, fear, and uncertainty can feel hard to manage. Our instinct is often to make them go away, but research shows that proactively addressing them is more effective. In this seminar, we'll cover strategies to become aware of and accepting of our emotions. And learn how to cope with them effectively in the moment and long-term.

Embracing Empathy

30 60

Research shows that empathy can make us more kind and compassionate, lead to strong relationships, and even help us to manage our emotions and be more resilient. Join us to review strategies that can help you develop your empathy skills. We'll cover ways to cultivate an empathetic mindset and practice communicating with empathy.

Practicing Self-Compassion

30 60

Showing ourselves compassion has a powerful effect on our well-being, ability to manage stressors, and more. In this seminar, we'll learn practical strategies to turn self-judgment into self-kindness as we navigate the challenges of everyday life. Learn to talk back to our inner critic and practice shifting our mindset to one of self-compassion.

Available formats: 30 minute 60 minute 90 minute SP Spanish

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STRESS MANAGEMENT

De-Stress at Your Desk

30 60

The pressures of busy work days and life stressors can tie us in knots. Join us to explore a variety of ways to release built-up tension right at your workstation. We'll try out some simple stretches, explore deep breathing, and relax with a calming visualization exercise.

Experiencing Mindfulness Series: Part 1 - An Introduction

60

What does it mean to be mindful? What effect does it have? How do you do it? Join us to explore the answers in this first of three mindfulness seminars. Learn what happens in the brain when you practice mindfulness and the far-reaching benefits. Best of all, you'll have a chance to experience it for yourself!

Experiencing Mindfulness Series: Part 2 - How Can It Help?

60

We can't take stress out of our lives, but we can shift how we interpret the experiences that cause it. Join us for another mindfulness exploration and practice. We'll look at how mindful awareness can help change your stress response. And learn about the many other ways it can help you build balance in your life.

Experiencing Mindfulness Series: Part 3 - Positive Impacts

60

Being mindful can expand our awareness and train us to embrace a more compassionate and accepting viewpoint. It can help us to experience and appreciate our world, other people, and ourselves in a meaningful way. Join us to explore this calm and centered way of interacting with the world.

Holiday Stress: Putting "Happy" Back in the Holidays

30 60 SP

Shopping, cooking, family...help! For many, the holidays deliver stress and challenges instead of good cheer. Join us to discover how to let go of unrealistic expectations. We'll discuss balancing obligations with your own needs, dealing with difficult family members, and overspending. And explore ways to really enjoy the season.

Managing Financial Stress

30 60

Bills, debt, unexpected expenses, loss of income... money worries are a common stressor. We'll talk about the emotional impact and how to start reclaiming your balance. Get strategies and resources for responding to debt and gaining control. Taking action and actively managing the stress can help you cope in healthy ways.

Mindfulness: Release the Stress

30 60 SP

Going a mile a minute, our multi-tasking minds analyze, schedule, and compute. They also get tied up in worry, blame, fear, and other stressful emotions. What would happen if you stopped it all for a moment? Join us to explore the practice of mindfulness. Discover how it can help you release stress, build resilience, and boost your well-being.

Not All Stress Is Created Equal

60

We all feel stress, but how we respond to it may be very different. Factors, such as age, genetics, and personality, impact triggers and coping styles. Join us to learn about the factors that shape our stress experience. Explore how you can tailor stress management strategies to your stress "style" for a healthier, more effective response.

Refresh, Refocus, Relax: Techniques that Work

60

Living with stress can take a serious toll on both mental and physical health. How can you release the tension and reclaim a sense of balance? Join us to learn and try out three simple techniques that can be used to initiate the body's natural relaxation response.

Release, Refresh, Refocus: Breathwork

30

Join us to discover how focused breathing can help you initiate the body's natural relaxation response. Learn and practice several targeted breathing exercises.

Available formats: 30 minute 60 minute 90 minute SP Spanish

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STRESS MANAGEMENT

Release, Refresh, Refocus: Mindful Meditation

30

Explore the practice of mindfulness and learn how it can help you initiate the body's natural relaxation response. Experience several guided mindfulness meditations.

Release, Refresh, Refocus: Progressive Relaxation

30

Discover how progressive relaxation exercises can help release mental and physical tension by initiating the body's natural relaxation response. And get a chance to try it out.

Stealth Stressors: Life in the Digital Age

60

Technology is reshaping our lives in amazing ways, but it can also bring some sneaky stressors that can affect our mental and physical health. Join us to discuss the impact of digital interactions on brain processes, our emotional lives, and on relationships. Learn how you can take control to manage technology in a healthy, balanced way.

Stress and Our Perceptions

60 SP

We think of stress as coming at us, but a lot of it actually comes from us. In this seminar we'll explore how our perceptions affect our stress level. We'll discuss how to recognize and change negative thought patterns. And you'll learn how to start building more positive ways of thinking.

Stress Less: Mind and Body Strategies

60

Some stress is natural, but if you have too many demands, it can start to have a negative impact. Learn how stress affects our bodies, health, and happiness. Discover how thoughts can cause or worsen stress. And walk away with proven ways to manage stress.

Stress Management 101

30 60 SP

Stress – it's an inescapable fact of modern life. But living with too much of it can take a serious toll on your health. Learn how your outlook, reactions, and support systems can play a positive or negative role. Review self-care tips, and begin shaping a plan to better manage your stress.

Stress Relief: Train Your Brain

30 60 SP

In the brain, psychological stressors trigger the same alarms as a life-threatening attack. They fire up a hard-wired response system designed to keep us alive, but this response stops being helpful when it stays "on" indefinitely. Learn and try out techniques that can train your brain to rewire a more calm stress response.

Under Pressure: Managing Workplace Stress

30 60 SP

Your job is an important part of your life, but sometimes it can seem like your entire life. How can you keep job stress from getting out of hand? In this seminar, we'll teach you ways to reduce stress and increase productivity so that you can make the most of your time out of the workplace.

Available formats: 30 minute 60 minute 90 minute SP Spanish

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WELLNESS

A Fresh Look at Healthy Eating

30 60 SP

Healthy eating can seem complicated, but it doesn't have to be. In this seminar, we'll get back to basics. You will learn simple ways to get balance into your meal choices and control portions. You'll get tips on changing unhealthy eating patterns. And we'll review some key concepts that support weight loss.

Boosting Your Brain Health

60

Research is revealing some surprising ways we can impact brain function. We'll explore the connection between physical well-being and brain health. You'll learn how exercise and eating well can keep your brain active and engaged. Discover how the brain changes with age and the mental "workouts" that can make a difference.

Ditch Your Excuses! Commit to a Healthy Lifestyle

30 60

"I'll start tomorrow!" Sound familiar? We all use excuses to justify our choices, especially when it comes to what we eat or how we exercise. Learn clear, simple facts about healthy eating and personal fitness. And explore strategies for overcoming our favorite excuses to commit to a healthy lifestyle!

Dreaming of a Good Night's Sleep

30 60

Having trouble getting to sleep, staying asleep, or even finding time to go to sleep? You're not alone! Get up to speed on how sleep works and the impact of not getting enough. Explore the relationship between sleep and stress. And discuss a range of strategies to improve your night's sleep.

Drug and Alcohol Awareness

60 SP

When a coworker or someone in your personal life has a drug or alcohol use problem, it can have a devastating impact. We'll talk about common drugs and possible signs of use. We'll discuss how enabling gets in the way of solutions. Learn empowering next steps and when you might need to reach out for help.

Exercise Essentials: Your Guide to Getting and Staying Active

30 60 SP

We know that exercise is important, but it often falls off the list due to lack of time or energy. But it doesn't have to be this way! In this seminar, we'll zero in on three key forms of exercise that you can incorporate into a sustainable workout that works for you. We'll talk about how to spark your motivation to get started and stick with it!

Healthy Eating in a Hurry-Up World

30 60

We all know that what we eat makes a difference, but what about how we eat? From fast food to mindless eating, the way we consume food isn't always healthy. We'll examine our relationship with food and explore the idea of mindful eating. Get suggestions for slow-down moves that can help you build healthier habits.

Healthy Life Tips for Men

30 60

Good health starts with simple, everyday lifestyle choices. We'll share science-based strategies for nutrition, exercise, and sleep, and review risk factors and screenings to have on your radar. We'll also explore the role that relationships and purpose play in wellness. Join us and get motivated to start making positive changes!

Healthy Life Tips for Women

30 60

Join us to review core ways to create a basic blueprint for better health - mind, body, and spirit. We'll review key health risk factors, and discuss screenings, diet, exercise, and sleep tips that can help. Explore the impact of stress and learn how friendships, fun, and purpose can help you to be healthier. Join us to chart your path to wellness!

Know Your Numbers

30 60

BMI, BP, HDL, LDL! What does it all mean!? These important markers are vital in getting an accurate picture of your health status, but they can be confusing. This seminar offers clear, easy-to-understand explanations of biometric numbers. We'll talk about what they mean for your health, and let you know how you can improve them.

Note: Presenters are licensed mental health practitioners not fitness, medical or nutrition experts.

Available formats: 30 minute 60 minute 90 minute SP Spanish

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WELLNESS

Living with a Chronic Condition 60

Sixty percent of American adults live with a chronic condition, such as heart disease, fibromyalgia, IBS, diabetes, or MS, among many others. In this seminar, we'll share behavioral strategies that can help those with an illness and those who care about them take an active role in managing the challenges in healthy ways.

Make the Choice to Be Healthy 30 60 SP

Good health doesn't happen magically; our choices make a difference. Join us to look at key ways to build a solid foundation for wellness. Learn the importance of managing stress. Find out which health screenings you need. Get ideas to improve nutrition and sleep, and make exercise a part of your life. And get motivated to start today!

Pain: When It Impacts Your Life 60

When pain hits, it can be a challenge to manage even simple daily tasks. Dealing with chronic pain can take a serious emotional and mental toll – on you and those around you. In this seminar we'll share strategies for coping with pain and the stress it can cause. Learn relaxation techniques and explore alternative approaches.

Taking Charge of Your Health Care 60

Health care is getting more attention than ever these days. Technology is advancing, and health plans continue to change. More than ever, it's important to take a proactive role in your own care. Get tips on what to look for when choosing a doctor, learn the benefits of preventive health care and more!

The Opioid Crisis and You 60

The highly addictive properties of commonly prescribed pain medications can draw anyone into a destructive spiral. Join us to learn about this class of drugs. Understand the dangers, and explore how you can help if someone you know is at risk.

Tobacco Cessation 60 SP

You know smoking is an unhealthy habit, but that doesn't make quitting any easier. We'll talk about the factors that make it so hard to break the habit. Find out which programs and medications can help you succeed. Join us to develop your own personal plan for quitting. *Also available as a four-part series, 1 hour each. (In English only).*

Wellness One Notes: Micro Moves for Better Health 30 60 SP

Wellness is more than a great check-up. All aspects of our being – mind, body, and spirit – interact and impact our health and well-being. When it comes to making lifestyle and habit changes to support this big picture, small moves can be the way to go. From sleep strategies to social connections, join us to find your small steps to wellness.

What's for Dinner? Healthy Meal Planning 30 60

When you're tired and hungry after a long day, creating a perfectly balanced meal may not feel like a priority. That's where pre-planning comes in! Learn why meal planning is so important – and how to make it easier. We'll explore simple moves that can help you get ahead of the stress and make healthy choices your go-to.

When Mood Meets Food: Strategies for Stress Eaters 60

Do you celebrate success with a pizza party and drown failure in a bowl of ice cream? Stress can push all of us toward the fridge. Join us to learn how to recognize stress eating styles and triggers. We'll talk about how you can react differently and share strategies for making healthy choices moving forward.

Note: Presenters are licensed mental health practitioners not fitness, medical or nutrition experts.

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FAMILY MATTERS

Caring for the Caregiver

30 60

Have you lost touch with the “I” in “caregiver”? Join us to explore realistic ways to keep your needs in the mix. We'll talk about how to manage the stress and emotions of caregiving. Learn how self-care can make a difference and what that looks like. We'll discuss how to set limits, deal with family dynamics, and get help when you need it.

Domestic Violence Awareness

60

Domestic violence is more than just physical abuse; it can take many forms. Join us to understand what can be involved and out how to support someone in an abusive relationship. If you're worried about domestic violence in your life, we'll let you know the best ways to get help.

Family Conflict: Keeping the Peace

60 SP

From minor disagreements to full-blown shouting matches to long-term feuds, conflicts in families are common but not always healthy. In this seminar, you'll learn strategies to handle disagreements while preserving relationships. We'll explore resolution styles and share tips on how to “fight fair.”

Family Life: The Juggling Act

60

Work, family, activities, commitments... are you trying to keep too many “balls” in the air? We'll take a fresh look at the pressures that drive the family juggling act and talk about how to refocus priorities. You'll learn strategies to add balance, reduce stress, and manage your obligations more effectively.

Grandparenting: What's Great About Being Grand?

60

When a grandchild is born, it ushers in a new era for the whole family. We'll talk about the joys and challenges and discuss how relationships change. We'll review “dos” and “don'ts” and boundary setting. And share ideas for building a bond with your next generation.

Healthy Eating for Kids

60

Do you worry that the kids in your life are eating too much, or not enough, or “bad” foods? Are you concerned that they may be developing a weight problem? In this seminar, we'll cover the many ways you can shape a child's eating habits and help them build a healthy relationship with food and fitness.

Helping Children Cope with Traumatic Events

60

How do we support our children after a natural disaster or violent attack? What do they need to know or not know? What can you do help quiet fears? In this seminar we'll talk about how a child might respond. Find out how to address concerns gently, but honestly. Learn what they need from you and how to know when more help is needed.

Keeping Up with the iKids

60

It can be a challenge to manage the technology that is a key part of your child's life. Learn about how kids are using technology, potential hazards and how to minimize them, including how to respond to cyberbullying. We'll explore how to embrace and limit technology in ways that keep your child connected to life beyond the screen.

Navigating Back-to-School Challenges

30 60

Going back to school in the fall can bring up a mix of emotions for both parents and children. In this seminar, you'll get tips that can make that transition easier for everyone. You'll learn how to help your child manage their fears. You'll also discover the keys for a successful school year, which means less stress for them – and you.

Navigating Eldercare: A Compass for Caregivers

60 SP

It's easy to get lost in the maze of caregiving. We'll talk through common concerns and offer practical tips to help. Review strategies for determining an elder's needs, explore housing options and legal, financial, and medical pre-planning. And we'll talk about the importance of connection and self-care.

Navigating Your Child's Teen Years

60

Adolescence can be a challenging time for the whole family. Rules, communication, and honesty seem suddenly optional. Emotions are all over the map. The quest for identity and independence can mean scary risk-taking behavior. Join us to learn about what to expect and how to navigate this new stage together.

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FAMILY MATTERS

New Parents: Off to a Good Start

60

Becoming a parent for the first time opens the door to a world of new responsibilities, unexpected emotions, and plenty of challenges. We'll talk about the transition and some of the things that can make the early years so tough. We'll explore ways to reduce the stress, grow your parenting strengths, and help you focus on the joys of your new baby.

Parent Prep for a Super Summer

60

"We're bored!" How quickly the thrill of summer freedom can wear off! Make this summer different. Get inspired with ideas to enrich your child's days and have fun as a family. Explore different ways to meet the challenge of summer child care and teen supervision. And get tips for easing into a back-to-school routine.

Positive Parenting: Managing Behavior

60

From toddlers to tweens, kids know how to push the limits and our buttons. Shaping a child's behavior can be an ongoing challenge. Join us to talk about why it's important to understand where "naughty" behavior comes from. Discuss discipline strategies that can change negative actions while sending positive messages to your child.

Revitalize Your Relationship

60

Relationships are complicated and sometimes more fragile than we realize. Could yours use a little TLC? We'll review the essentials of happy, healthy partnerships, and share simple but powerful ways to enrich yours. We'll also explore common problems that can drive couples apart and discuss strategies for how to handle them.

Spread Too Thin: Life in the Sandwich Generation

60

Caring for both aging loved ones and your family can stretch you to the breaking point. From family dynamics to finances, emotional overload to time management - we'll talk about handling the layers of challenges. You'll gain resources to help lighten your load. And get tips for maintaining your own health and happiness in the 'sandwich.'

Sticks and Stones... Understanding Childhood Bullying

60

From school hallways to online networks, childhood bullying can cause real harm. This seminar will help you understand what might make someone a target - or a bully. Find out how to recognize the warning signs. Know what is involved, and get strategies to help your child safely respond.

Strategies for Caregiving Challenges

60

Caregiving is often a task we figure out as we go. But having information and resources for common challenges can help reduce stress when pressure builds. We'll review strategies specific to dementia care, long-distance caregiving, and medical concerns. We'll also discuss the importance of maintaining your own balance.

Stress and Your Child

60

You naturally want to protect your child from stress, but giving them tools to handle it may be more valuable. We'll unpack the stress experience for a child. You'll learn stress signs and strategies to help them manage anxious thoughts and feelings. Discover how to proactively build a child's resilience to make them more stress-resistant.

Talking to Children About Death

60

Loss is part of life, but that doesn't make it easy to explain to a child. We'll help you find the words. We'll review the important points you'll want to cover and how a child's age impacts the conversation. Learn how children react and grieve and what you can do to help them cope when a death occurs.

Teens: Risky Behavior and Good Choices

60

The job of protecting our kids doesn't stop when they become teens, but it can get harder. We'll discuss how development impacts decision-making and risk-taking. Explore how structure, consequences, and good communication can help you help your child to make good choices.

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PERSONAL DEVELOPMENT

Achieving Success: Using Goals to Get There

60

Will you be as successful as you want to be? In this seminar, you'll learn how goal-setting can be a tool that gets you where you want to go. Learn how to identify and shape your goals. Get tips for overcoming obstacles. And build an action plan to get started on the path to success.

Age Is Just a Number: 50 and Beyond

60

50 is the new 30! Or is it? Join us to explore how to shift from fighting time to living your best life at the age you are. We'll share tips for maximizing wellness. And discuss ideas to help you navigate role changes, build resilience, and focus on what matters to you at midlife and beyond. Join us for information and inspiration!

Bridging Divides: Beyond Agree to Disagree

60

Hard-wired tendencies make it easy to dismiss or put down different viewpoints. What if you could respectfully engage instead? This vital professional and personal skill is one you can develop. Join us as we experiment with stepping outside our comfort zones, challenging our biases, and connecting with openness and curiosity.

Channeling Your Inner Winner

60

In the quest for success, we can often be our own worst enemy. Our beliefs about ourselves and learned behavioral responses can become barriers to personal and professional development. We'll discuss common internal roadblocks and share strategies to help you overcome yours.

Diversity: Let's Talk About It

60 90

Diversity - it can be a challenging topic. As humans, we gravitate to others who remind us of ourselves; we find comfort there. Diversity-related issues can leave us feeling unsure, defensive, or even combative. Understanding why it's a challenge, building awareness, and gaining interpersonal skills can help us navigate with greater confidence and play a part in creating more inclusive environments.

Effective Communication Skills

60

You may feel that you're a good communicator, but is the message you're sending the same one your listeners are receiving? Join us to brush up on verbal, non-verbal, and electronic communication skills. Get tips that can boost your listening ability, and discuss how to stay on track when communication gets complicated.

Effective Communication Strategies

30 60 SP

We're all communicating all the time, but is your message hitting the mark? We'll discuss how to engage and create better connections with listeners - one on one and in group settings. We'll review the impact of communication style preferences and share tips on how to develop and use an assertive approach.

Effective Time Management

30 60 SP

Working late again? Weekend to-do lists never getting any shorter? It's time to figure out where your time goes and how to regain control of it. We'll review the key strategies: prioritizing, delegating, and setting boundaries. Learn how to handle time "wasters," such as interruptions and procrastination, and get time back on your side!

EQ and You: Connect for Success

60

Being mindful of our emotions and how they impact those around us, otherwise known as emotional intelligence (EQ), is an often overlooked tool on the path to success. Learn how EQ can help you understand and manage emotions thoughtfully and calmly, and apply these skills to managing relationships and conflict with your coworkers, too.

Finding Your Drive

30 60

Stay strong! Power through! Just do it! If only it were that easy. Join us to explore the science of willpower. Learn how the brain works to get us motivated and how it can derail our good intentions. Get strategies for boosting your ability to get started and stick with goal-setting and follow-through.

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PERSONAL DEVELOPMENT

Frugal But Fun: Making the Most of Your Money

30 60

Join us to discuss how to find a good value for less and have fun doing it. We'll examine how attitudes and behavior patterns influence spending. We'll review budget basics and explore lots of easy and enjoyable ways to save money without giving up the things you love.

Giving to Yourself

60

You may find it easy to give to others, but how about giving to yourself? In order to thrive as a person, it's absolutely essential to look after your own needs. In this seminar, you'll discover how giving to yourself can help you give the world your best every day.

Less Is More: Simplifying Your Life

30 60

Get more! Have more! Do more! We live in a culture that is very much about consuming, but how much is too much? In this seminar, we'll explore how simplifying your life can lead to more balance and satisfaction. We'll talk about how to identify what really matters, and learn a wide range of tips to make more room for it in your life.

Life After Work: Envisioning Retirement

60

Ready, set, retire! Not so fast! Many of us have retirement dreams, but without planning, they may never be a reality. Join us for a discussion that goes beyond finances. We'll talk about health and wellness, finding purpose, and facing change with resilience. Learn what you need to do now to make your dreams come true.

Make Peace with Time

60

From deadlines to scheduling pressures to juggling priorities, stress can make the clock seem like our enemy. Time to make peace with time! Learn about factors that you may not even realize can impact time management. We'll discuss strategies for common time traps at work and help you identify an action plan to improve your relationship with time.

Pay It Forward: A Guide to Giving Back

60

Our lives are shaped by the kindness of others. We can't always pay them back, but we have the power to pass it on. From small random acts to volunteering, you have a chance to make life better for others. In this seminar, we'll explore the possibilities, how to get started, and the many benefits of doing good.

The Power of Authenticity

30 60

Does your public image match your inner truth? We all act differently in different roles: such as employee, partner, or parent. But are you being true to yourself in those roles? If you're not sure, this seminar is for you. Learn the benefits of being authentic, how to display emotion more openly, and how to feel happier.

The Power of Compassion

60

Compassion is actually a wired brain response designed to help us survive and thrive. But life can override that instinct. Explore the wide-reaching benefits that come to us when we treat others and ourselves with kindness. We'll talk about the roadblocks that can make it difficult and how to overcome them.

The Power of Gratitude

30 60 SP

An "attitude of gratitude" brings with it a world of benefits, from improving relationships to feeling happier at work. We'll look at the science behind these benefits and review ways to make gratitude a regular part of your day. Join us as we learn how to harness the power of gratitude to enrich and empower even during difficult times.

The Power of Initiative

30 60

We all have the ability to be more assertive about what we want our life to look like. We'll talk about roadblocks that can stand in the way and how to start breaking them down. We'll explore the power of purpose and other motivating strategies. And share tips on how to step up your initiative at work to shape the future you want.

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PERSONAL DEVELOPMENT

The Power of Purpose

60

Science tells us that having purpose in life can make us healthier and happier. But the path to purpose can be blurry. Join us to learn more about what “purpose” means and how you can discover clues to yours. We’ll also share ways to incorporate the idea of purpose into everyday life at home and at work.

Try It! Exploring New Things

60

Go to work. Go home. Go to bed. Repeat. If you feel like you’re going through the motions, but not really living, this seminar is for you. Learn how to tell if you’re in a rut and get strategies to break out of it. We’ll share ideas and inspiration to help you reap the rewards of trying new things.

Unique You: Personality Styles at Work

60 SP

Personality - we all have one, and each one is unique! Learning about personality styles can help you understand why clashes happen and what you can do to head them off. Get insight into your personality type and strategies for improving interactions with others who have different styles.

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WORKPLACE TOPICS

Beating Burnout

30 60 SP

Everyone feels pressure at work, but if it seems like you're always stressed, exhausted, and low on motivation, it could be job burnout. We'll talk about how burnout develops and factors that may be involved. Learn to recognize signs, respond in productive ways, and make changes to head it off in the future.

Bridging the Gap: Generations Working Together

60

Have you ever had a "What were they thinking?" moment with someone younger or older at work? You may have stumbled into a generation gap. Join us to understand how generational traits play out in the workplace. Discover generational code breakers to help you work better with coworkers of all ages.

Civility and Respect at Work

60 90

From rude responses to thoughtless actions, disrespect can creep into interactions with our coworkers. When it does, we all suffer. In this seminar we'll talk about what disrespect looks like. You'll learn strategies for responding to it. And explore how to help create a workplace where everyone feels valued and can do their best work.

Conquering Compassion Fatigue

60

Sometimes caring for others can come at a cost. Join us to explore factors that can contribute to this role-related form of burnout and how to recognize signs it's becoming an issue. We'll discuss strategies that can help you maintain emotional boundaries, reclaim balance, and build resilience in your challenging role.

Creating a Positive Work Environment

60

A work environment that's positive and supportive can make bad days easier and good days more frequent. Explore the role you can play in building that type of culture. Review the impact of unconscious bias, personal positivity, and effective communication strategies. Learn how you can be a part of a respectful and cooperative team dynamic.

Dealing with Difficult People

30 60 SP

Challenging work styles, personality traits, and ways of communicating can be sources of workplace stress that seem hard to resolve. This seminar can help. Discover the power you have to positively shape difficult interactions - in person and virtually. You'll gain strategies for defusing conflict and managing relationships in healthy ways.

Effective Teamwork: Strategies for Working Together

60

When it comes to work, you can't simply sit on the sidelines. You have to be a team player in order to get the job done. This seminar explores how good communication skills, understanding job roles, and the ability to manage conflict can help build a winning team.

EQ and You: Customer Service with Care

60

Some days, every customer is satisfied. Other days... not so much! Using your emotional intelligence (EQ) can help you make good service experiences the norm... for you and your customers. Learn about the role of emotions in creating connections, gain communication skills that help you partner with customers and resolve conflicts while keeping your cool.

Exceptional Customer Service

30 60 SP

When you speak with a customer, you become the voice of your company. In this seminar, we'll give you the tools and tips you need to excel at customer service. Discover the value of partnering with your customers. Learn how to manage difficult customers. And see how to take your service from excellent to exceptional.

Gender Transition and the Workplace: A Guide for Coworkers

60

"Changing" genders can be a hard concept to understand. In this seminar we'll talk about gender identity and what it means to transition. We'll discuss FAQs and the impact on the workplace. You'll learn how you can be part of a respectful response to this change.

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WORKPLACE TOPICS

Life on the Road: Business Travel Tips 60

Traveling for business can be a way of life, but that doesn't mean it's easy. We'll address a range of stressors that can impact a "road warrior's" well-being. Get tips for managing jet lag. Discuss healthy eating and exercising on the go. Review safety strategies, cyber-security, and how to stay connected with loved ones.

Managing Change 60 SP

Adapting to change can be a challenge, especially in the workplace. We'll unpack the experience of change - why it can feel hard and how to manage the feelings. We'll discuss how to tap your natural resilience, share strategies for navigating from old to new, and explore what you can do to begin claiming the future you want.

Managing Change 60 SP Downsizing Job Loss (Seminar Add-on)

This seminar add-on addresses the emotional impact of a workplace change that results in job elimination. Identify natural feelings and review actions that can help with coping.

Managing Change 60 SP Surviving Transitions (Seminar Add-on)

This seminar add-on focuses on the experience of those who remain employed after a downsizing transition. Understand the emotional impact and discuss helpful responses.

Military Cultural Awareness Series: 60 Part 1 - Introduction to Military Culture

To support members of the military, it can be helpful to bring our understanding beyond what we see in the movies or on the news. This overview discusses military culture and the experience of today's troops, on the battlefield and at home. Practical communication tips will offer guidance when talking with service members.

Military Cultural Awareness Series: 60 Part 2 - Understanding the Deployment Cycle

For military members and their families, being called up for service initiates a range of challenges. This seminar explores the deployment cycle and builds an understanding of this unique and emotionally-charged experience. Learn how you can lend support before, during, and after a deployment.

Military Cultural Awareness Series: 60 Part 3 - Exploring Risk of Suicide and PTSD

When a service member comes home, they will have been changed in significant ways. Many of these changes are positive, but for some, there are also challenges that follow them home. Join us to gain a better understanding of the risk of post-traumatic stress disorder (PTSD) and suicide. Review how to respond and resources available to help.

Bring Your Child to Work Day

Seminars are 30 minutes and designed for kids ages 8-14.

Go Green!

Did you know that each year we throw out enough trash to reach the moon and back 25 times!? In this seminar, designed especially for kids, we'll talk about simple moves we can each make at home, at school, and in our communities to keep our planet healthy.

Mindfulness for Kids

We all have worries and feel stressed at times... even kids. In this seminar, kids will learn simple breathing and focus exercises to bring one's attention to the present and release worrisome thoughts. Participants will leave with fun ways to be mindful in everyday life.

The Power of Positive Thinking

Some of us are glass-half-full types; others see the same glass as half empty. Our viewpoint can have a big influence on how we think, feel, and act. This seminar helps kids discover simple ways to shift their attitude and enjoy the benefits of an optimistic outlook.

Available formats: 30 minute 60 minute 90 minute SP Spanish

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WORKPLACE TOPICS

Presenting Your Best Professional Image 60 SP

From the moment you first enter a room or send a first email, people start forming an impression of you. Learn how to make your first impression – and every other one that follows – a positive one. From actions to attitude to appearance, you'll learn how to project a confident, professional image every day.

Sexual Harassment Awareness for Employees 60 SP

If you've experienced or witnessed harassment in the workplace, you know how destructive it can be. It affects both women and men, but often goes unreported. Join us for this seminar to get a clear picture of what sexual harassment is. Learn what you can do if it's an issue in your workplace.

Shift Work Strategies 60 60

Shift work can challenge our bodies in unique ways. Join us to get ideas for how to make shift work... work for you. Learn about your internal clock and the pressures we face when working against it. Get tips on sleep routines, what and when to eat, and how to stay connected to a world that goes to bed when you go to work.

Stress and the First Responder 30 60

While many first responders see job challenges as all in a day's work, trauma exposure and cumulative pressures can create risk for damaging stress. But it may not always be easy to recognize and respond effectively. Discuss strategies to cope with and process stress in productive ways. And get resources for responder-specific support.

Stress in Customer Service Roles 60 60 SP

Delivering customer satisfaction is rewarding, but also comes with a unique set of demands. We'll help you identify common stressors in this role. You'll gain tools for managing stress during difficult interactions and releasing the tension afterwards. And we'll share strategies to help you get ahead of stress and bring your best to work each day.

Violence in the Workplace 60

Many Americans are victims of violence at work each year. Building awareness is the first step in being prepared. In this seminar, you'll learn about the common causes of violence at the workplace, how to identify potential red flags, and review ways to respond if it occurs in your workplace.

Work from Home: Maximize Your Success 30 60

With work-from-home, hybrid, and remote work models more of a norm than ever before, it's important to identify and tackle your challenges, as well as maximize the benefits. We'll explore how to stay healthy, focused, motivated, and connected to your team.

Working Together: Diversity in the Workplace 60 SP

Today's workforce is made up of people of different generations, genders, and many different ethnic, cultural, and religious backgrounds. Learning how to thrive in this diverse environment can benefit you, your team, and your company. We'll cover core skills and actions that can help you support an inclusive workplace based on mutual respect.

Workplace Bullying 60

A bully in the workplace can lead to emotional strain and affect performance. In this seminar, you'll learn to recognize workplace bullying and understand its impact. We'll discuss coping skills and share responses that can help you maintain your personal integrity when you or others are faced with bullying.

Workplace Conflict: Strategies and Solutions 60 90 SP

Work is challenging enough without the tension of a conflict. We'll explore conflict triggers and how to prevent small conflicts from turning into big ones. Learn how to better manage difficult relationships, and get pointers on how to discuss things openly without anger or hurt feelings.

Available formats: 30 minute 60 minute 90 minute SP Spanish

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30-MINUTE

Seminars



To meet the needs of today's fast-paced working world, we offer a shortened, 30-minute version of some of our most popular topics. Click the topic category links to find seminar descriptions.

Note that 30-minute seminars are charged a full Employer Service Hour (ESH) per request.

Emotional Well-Being

- Anniversary of a Traumatic Event: Managing Distress
- Blueprint for Emotional Wellness
- Coping in the Aftermath of a Mass Shooting
- Coping with the Impact of Racial Injustice
- Embracing Optimism
- Emotional Fitness: Dealing with Difficult Emotions
- Emotional Fitness: Embracing Empathy
- Emotional Fitness: Practicing Self-Compassion
- Finding Your Resilience
- Holiday Happiness: Don't Let the Humbugs Bite
- Living with Grief and Loss
- Mental Health: Let's Talk About It
- Mental Health: You Can Make a Difference
- Racial Targeting and Acts of Violence: Strategies for Coping
- Suicide Awareness
- The Power of Connection: Tackling Loneliness
- Why We Worry and What to Do About It
- Work and Personal Life: The Balancing Act

Stress Management

- De-Stress at Your Desk
- Holiday Stress: Putting "Happy" Back in the Holidays
- Managing Financial Stress
- Mindfulness: Release the Stress
- Release, Refresh, Refocus: Breathwork
- Release, Refresh, Refocus: Mindful Meditation
- Release, Refresh, Refocus: Progressive Relaxation
- Stress Management 101
- Stress Relief: Train Your Brain
- Under Pressure: Managing Workplace Stress

Family Matters

- Caring for the Caregiver
- Navigating Back-to-School Challenges

Wellness

- A Fresh Look at Healthy Eating
- Ditch Your Excuses! Commit to a Healthy Lifestyle
- Dreaming of a Good Night's Sleep
- Exercise Essentials: Your Guide to Getting and Staying Active
- Healthy Eating in a Hurry-Up World
- Healthy Life Tips for Men
- Healthy Life Tips for Women
- Know Your Numbers
- Make the Choice to Be Healthy
- Wellness One Notes: Micro Moves for Better Health
- What's for Dinner? Healthy Meal Planning

Personal Development

- Effective Communication Strategies
- Effective Time Management
- Finding Your Drive
- Frugal But Fun: Making the Most of Your Money
- Less Is More: Simplifying Your Life
- The Power of Authenticity
- The Power of Gratitude
- The Power of Initiative

Workplace Topics

- Beating Burnout
- Dealing with Difficult People
- Exceptional Customer Service
- Shift Work Strategies
- Stress and the First Responder
- Stress in Customer Service Roles
- Work from Home: Maximize Your Success

EAP Orientation

- Employee Orientation to the EAP
- Manager's Guide to the EAP

To coordinate a seminar, please call 1.800.577.9391 or email eshcomments@Cigna.com

Please note that Employer Service Hours will be deducted from your account for cancellations/changes with less than five full business days' notice.

WORKSHOPS



Taking a deeper dive

From personal and professional development to workplace stress points, when a topic is important to your workforce, you may want to schedule a seminar that goes into more depth. Our two-hour workshops are designed to be a highly interactive experience for attendees. **Please note that two-hour workshops are charged two Employer Service Hours (ESHs).**

For Managers

Inclusive Leadership

Diversity can have big payoffs, but can be challenging to manage. In this workshop, we'll discuss the importance of inclusive leadership and what it looks like. We'll explore the role of bias in management decisions, talk about the concept of cultural humility, and discover ways to approach interactions with openness. Join us as we learn and practice ways to promote team cohesion and equity in the workplace with inclusive leadership.

Leading Generations at Work

When workforces span Boomers to Gen Z, understanding the influence of generational traits can be a valuable asset in bringing out the best in employees. Join us to explore factors that helped shape the generations and how these can play out in preferences and styles at work. Learn what drives generational disconnects and investigate strategies that can not only reduce friction, but also maximize the assets of your team.

Leading in Complexity

In the modern workplace, there are many things that can make leading a challenge: changing work processes, team dynamics, market fluctuations, and more. In this workshop, we explore complexity in the workplace – what it is and why it can be challenging to manage. Join us as we explore and practice ways to think through complex situations. Learn how you can innovate, make decisions, and foster team creativity, even when the outcome is unclear.

Leading with Emotional Intelligence - 2 to 2.5 hours

Emotional intelligence – being aware of emotions and how they affect and shape interactions with others – has been identified as a key leadership trait. In this workshop, we'll take an in-depth look at the role of emotions in the workplace. We'll learn what emotional intelligence looks like in a management role, and practice "hands-on" strategies for using it to inspire, build relationships, and manage conflict effectively.

Psychological Safety at Work

Research tells us that psychological safety plays a vital role in a healthy workplace. In this workshop, you'll learn how to empower employees to ask questions, use mistakes as learning opportunities, and innovate with new ideas. We'll explore key skills, such as open communication, giving and receiving feedback, and goal-setting in an interactive, real-world context.

For Employees

EQ and You: Connect for Success

Being mindful of our emotions and how they impact those around us, otherwise known as emotional intelligence (EQ), is an important and often overlooked tool on the path to success. In this workshop, attendees will explore how to become more aware of emotions and their impact on work. We'll practice managing emotions thoughtfully, and apply these skills to managing relationships and conflict with others.

To coordinate a seminar, please call 1.800.577.9391 or email eshcomments@Cigna.com

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SPANISH

Seminars



We recognize that many of your employees will have a better understanding of the seminar content if it is conducted in Spanish. This section contains an overview of the seminars we offer in Spanish.

Click the topic category links to find seminar descriptions. If you need more information to find the right fit for your Spanish-speaking employees, please call your Employer Service Coordinator team. All Spanish seminars are offered as 60 minute presentations. Ask your ESC about additional time frames available.

Emotional Well-Being

- Blueprint for Emotional Wellness
- Change and Challenges: Navigating with Resilience
- Embracing Optimism
- Finding Your Resilience After a Disaster
- Mental Health: You Can Make a Difference
- Work and Personal Life: The Balancing Act

Stress Management

- Holiday Stress: Putting “Happy” Back in the Holidays
- Mindfulness: Release the Stress
- Stress and Our Perceptions
- Stress Management 101
- Stress Relief: Train Your Brain
- Under Pressure: Managing Workplace Stress

Wellness

- A Fresh Look at Healthy Eating
- Ditch Your Excuses! Commit to a Healthy Lifestyle
- Drug and Alcohol Awareness
- Exercise Essentials: Your Guide to Getting and Staying Active
- Make the Choice to Be Healthy
- Tobacco Cessation
- Wellness One Notes: Micro Moves or Better Health

Family Matters

- Family Conflict: Keeping the Peace
- Navigating Eldercare: A Compass for Caregivers

Personal Development

- Effective Communication Strategies
- Effective Time Management
- The Power of Gratitude
- Unique You: Personality Styles at Work

Workplace Topics

- Beating Burnout
- Dealing with Difficult People
- Exceptional Customer Service
- Managing Change
- Managing Change - Downsizing Job Loss (Seminar Add-on)
- Managing Change - Surviving Transitions (Seminar Add-on)
- Presenting Your Best Professional Image
- Sexual Harassment Awareness for Employees
- Stress in Customer Service Roles
- Working Together: Diversity in the Workplace
- Workplace Conflict: Strategies and Solutions

Management Trainings

- Drug and Alcohol Awareness for Managers
- Manager’s Guide: Sexual Harassment Awareness

EAP Orientation

- Employee Orientation to the EAP
- Manager’s Guide to the EAP

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MANAGEMENT TRAININGS

Help your managers perform at their best.

Your managers have a lot on their plates these days. From stressful workplace issues, such as performance management or substance use concerns, to honing skills needed to maximize success in a diverse and ever-evolving workplace. And everything in between.

The EAP offers a wide variety of seminars to help your managers handle issues BIG and small and help keep your business running effectively.

To learn more about Management Trainings, contact your **Employer Service Coordinator team at 800.577.9391 or eshcomments@Cigna.com**

MANAGEMENT TRAININGS

Compassionate Leadership

60 90

Does compassion really belong in a leader's skill set? Research says yes! In this seminar, we'll discuss what compassion looks like in the workplace. You'll practice strategies for showing yourself compassion, as well ways to show your team that you care. Learn how you can use this powerful tool to drive productivity and engagement, and create positive working relationships with your team. *Interactive scenarios included with 90-minute time frame.*

Domestic Violence and the Workplace: A Manager's Role

60

Recognizing the signs of domestic violence and addressing it in a safe and respectful way can be a challenge. Join us to gain a better understanding of domestic violence and how it can impact the workplace. Learn and practice real-world response strategies and discover how your EAP can help.

DOT Drug and Alcohol Supervisory Training - 2 hours

This seminar is only available to companies who have purchased DOT/SAP services through the EAP.

In transportation roles, substance use can be a matter of life and death. This seminar will review DOT regulations as they pertain to your industry. We'll discuss the signs of substance use and explore how to respond in real-life scenarios. You'll learn how to recognize reasonable suspicion and how to approach and assist an employee you suspect may have a problem.

This training will meet DOT requirements for a supervisory drug and alcohol training. It is not a comprehensive training on DOT regulations. Trainings are not specific to a modal agency, nor are they state-specific.

Drug and Alcohol Awareness for Managers

60 90 SP

Join us to talk about the role that you can play if substance use impacts your workplace. We'll review properties of commonly used drugs and how to recognize signs of substance use. Understand what "reasonable suspicion" is and isn't, and learn how to respond appropriately.

Effective Leadership Communication

60

It's hard to lead when no one is following. Connection is vital and communication is a key way to get it. Join us to explore how emotional intelligence shapes communication. Assess your skill-set for strengths and weakness. Learn strategies to help you connect with listeners and meet your goals.

Leading in Complexity

60

In complex situations, the management strategies you've been trained to use may stand in your way. Join us as we explore complexity in the workplace — what it is and why it can be difficult to manage. Learn how you can innovate, make decisions, and foster team creativity, even when the outcome is unclear.

Manager's Guide: Challenge of Organizational Change

60 90

Leading through a major change can be one of the biggest challenges you face as a manager. We'll discuss the change process and common reactions you may face. You'll gain strategies and tools you can use to support employees, maintain productivity, and keep your balance as you steer through unpredictable waters. *Interactive scenarios included with 90-minute time frame.*

Manager's Guide: Civility and Respect at Work

60

From rude interactions to thoughtless comments, disrespect can creep into any workplace. Left unaddressed, it can create an opening for increasingly more damaging behaviors. Gain strategies for identifying and responding to disrespect. We'll touch on harassment and bullying and share ideas for shaping a workplace culture where everyone feels valued.

Available formats: 30 minute 60 minute 90 minute SP Spanish

To coordinate a seminar, please call 1.800.577.9391 or email eshcomments@Cigna.com

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MANAGEMENT TRAININGS

Manager's Guide: Coaching in the Workplace* 60

Looking for a way to boost performance on your team? Have you considered coaching? In this introduction to coaching, you'll learn how a coach approach can help increase productivity, drive improvements, and strengthen job satisfaction. We'll review when and how to apply a coaching strategy. And explore the skills needed to support coaching success.

**This seminar is an introduction and does not constitute a comprehensive how-to training.*

Manager's Guide: Communication Toolkit 60

Communication is one of the most valuable tools you have as a leader. As with any tool, it's important to learn how to use it most effectively. This seminar aligns communication strategies with managerial roles and goals to help you maximize your effectiveness. We'll review key verbal, non-verbal, and virtual skills. And share helpful tips for more effective listening.

Manager's Guide: Critical Incidents and the Workplace 60 90

A traumatic event at or in the area of your workplace can have a wide-reaching effect. Responding quickly and effectively can help the workforce navigate the stress with greater resilience. Gain insights, strategies, and resources that can help you be ready to respond with support in the immediate aftermath and beyond.

Manager's Guide: Depression in the Workplace 60

Join us for this overview of clinical depression and how it can impact the workplace. Learn how to respond and offer the support an employee may need. We'll also discuss suicide risk factors and warning signs, and management response strategies.

Manager's Guide: Gender Transition and the Workplace 60 90

When an employee begins a gender transition, a manager's role is to provide leadership that is both knowledgeable and sensitive. We'll review key concepts related to gender identity and discuss what it means to transition. You'll learn how you can support your transitioning employee and promote a respectful response to this change. *Recommended as a 90-minute seminar.*

Manager's Guide: Grief and Loss at Work 60

When a death or serious illness impacts the workplace, it can present a manager with unique challenges. From breaking the news to supportive actions, a manager may be in uncharted territory. We'll review the grief process and explore how an empathetic approach can offer a roadmap. Practice with real-world scenarios to develop a confident ability to deliver sensitive support.

Manager's Guide: Inclusive Leadership 90

Diversity can have big payoffs, but creating a workplace environment that maximizes the benefits may be challenging. In this seminar, we'll discuss inclusivity and what it looks like. We'll explore the role of bias in management decisions and talk about the concept of cultural humility. Discover ways to promote team cohesion and equity in your workplace.

Manager's Guide: Leading Generations at Work 60 90

While the generations have much in common, there can be some differences when it comes to managing them. Understanding the influence of generational traits can give you an edge. Explore factors that shaped the generations and how they may show up in preferences and styles at work. Learn what drives disconnects and how you can reduce friction and bring out the best in your team.

Manager's Guide: Leading with Emotional Intelligence 60 90

Emotional intelligence has been identified as a key leadership trait. In this seminar, we'll take an in-depth look at the role of emotions in the workplace. Learn what emotional intelligence looks like in a management role, and gain strategies for using it to inspire, build relationships, and manage conflict effectively. *Recommended as a 90-minute seminar.*

Manager's Guide: Making a Management Referral 60

You may have heard that the Employee Assistance Program can be a very useful management tool, but how does it work? We'll discuss the many ways management consultations can help in your role as a manager. Learn the steps for referring an employee to the EAP and discover resources available to you.

To coordinate a seminar, please call 1.800.577.9391 or email eshcomments@Cigna.com

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MANAGEMENT TRAININGS

Manager's Guide: Managing Workplace Conflict

60

Conflict happens, but when disagreements go unresolved or escalate, it can lead to a stressful, even toxic, work environment. We'll share a stepwise approach to effectively evaluate signs of conflict and facilitate solutions. We'll discuss the value of constructive conflict and how to empower employees to make productive resolutions the norm.

Manager's Guide: Mental Health at Work

60

Your ability to recognize and respond appropriately to signs of mental health distress in the workplace is an important way to support your employees. In this seminar, we'll look at the impact of stigma and the challenges of starting a conversation. We'll explore different scenarios and discuss what you might see and how to respond.

Manager's Guide: Psychological Safety at Work

60

Research tells us that psychological safety plays a vital role in a healthy workplace. Explore key related skills, such as communication strategies, delivering feedback and goal-setting. Learn how you can empower employees to more effectively collaborate and innovate.

Manager's Guide: Sexual Harassment Awareness

60 90 SP

Sexual harassment is a serious workplace issue. Before you can address it, you need to be able to recognize it. Join us for this seminar to get a clear picture of what sexual harassment looks like and steps you can take if it happens in your workplace.

Manager's Guide: Strengthening Your Team

60 90

Your team works, but does it work well? Join us to discuss what goes into making an effective team. Explore your team's strengths and weaknesses. Review your role in bringing out their best. We'll discuss how to handle negative attitudes, styles, and behaviors that can impact the team dynamic.

Manager's Guide: Supporting Employees After a Traumatic Event

60 90

When an unexpected, traumatic event happens, everyone is affected. Join us to gain insight into how the workplace can be impacted. Learning what to expect can help you be prepared if an incident occurs. We'll share supportive responses that can help you and your employees regain balance.

situations.

Manager's Guide to Performance Management

60 90

In this seminar, we'll teach you how to encourage optimal performance in an approachable way. We'll discuss how to give both positive and negative feedback, and how to develop clear, actionable goals. You'll learn strategies for managing difficult employees and discover how your EAP can offer assistance.

Manager's Guide to the EAP

30 60 SP

Did you know that EAP spells support? You've probably heard that we offer an Employee Assistance Program (EAP) as a company benefit, but you may not be familiar with the wide range of benefits it provides. Join us to explore all the ways that your EAP can support you - as a manager and an employee.

Manager's Guide: Violence in the Workplace

60 90

No one wants to believe that violence could erupt in their workplace, but it can. In this seminar, you'll learn how preparation - as a manager and an individual - may help reduce the risk. We'll review red flags and triggers. Explore how to spot and stop trouble early. And discuss how to respond in threatening

Managing a Virtual Team

60

For many, "going to work" means walking into a home office. This arrangement offers perks, but also brings challenges, especially for a manager. Join us to review best practices for managing a virtual team. Discuss performance management and productivity. Learn the value of trust and how to build it virtually.

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MANAGEMENT TRAININGS

Managing in a Hybrid Workplace

60

Managing in a flex-style work environment can bring new challenges. Learn core strategies for supporting your team and maximizing performance, including how to foster psychological safety, prioritize fairness, and nurture a cohesive culture. Discover how to be an effective leader for all employees, no matter where they work.

Mindful Leadership

60

The pace and pressures of today's work life can challenge any leader. The practice of mindful awareness can help tame the stress and bring clarity to decision-making. Join us to explore how mindfulness can positively impact performance and help you lead with authenticity and compassion.

Stress Management for Managers: Employee Stress

60

As a manager, you can't eliminate work stressors, but you are in a position to help employees manage them. We'll discuss how to spot signs of stress and address triggers. Learn moves to bring stress down and build resilience up.

Stress Management for Managers: Manager Stress

60

Stress and management are nearly synonymous. Take a timeout with us to get strategies you can use to bring the pressure down. We'll discuss in-the-moment strategies and proactive moves to help you better manage your stressors. Learn how to tap your resilience and gain control of stress.

Suicide Awareness for Managers

30 60

It's worrisome to imagine dealing with a suicidal employee, but knowing how to respond offers valuable preparation in the event that you must. We'll review facts about suicide and the potential impact on the workplace. You'll learn risk factors, how to talk to someone who is suicidal, and steps to take when someone may be at risk.

Talking to Employees About Sensitive Subjects

60

Body odor, unpleasant habits, inappropriate behavior...bringing up sensitive topics to an employee can be a challenge. Learn why confronting issues indirectly doesn't work. Review behaviors that derail solutions. And get guidance on how to tackle issues directly, clearly, and with dignity.

The Impact of Racial Injustice: Supporting Employees

60

Events of racial injustice can impact you and your employees. Learn about stress reactions and how they might affect the workforce. We'll share communication best practices for addressing the topic with sensitivity. We'll also explore how you can support your employees and take good care of yourself.

Whole Person Wellness for Leaders

60

Join us to explore the idea of whole person health and how it can empower you as a leader. We'll discuss the impact of stress and how to become more stress-resistant and resilient. Strategies include building self-awareness, managing challenging mindsets and emotions, as well as investing in self-care, interpersonal connections, and the power of purpose.

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LEGAL AND FINANCIAL SEMINARS

Keep your wallet healthy, too!

From planning holiday spending to paying for college or buying a house. Financial and legal issues can be confusing and extremely stressful.

The EAP can help your employees get and keep their finances in order. And we can help them cut through the “legal-speak” to understand their rights as they navigate the legal system.

To learn more about legal and financial seminars, contact your Employer Service Coordinator team.

Allow at least 6 - 8 weeks advance notice for legal or financial seminars. Please note: Legal and financial seminars are not available outside the United States. Legal and financial seminars are two employer service hours for each request.

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LEGAL SEMINARS

Avoiding Holiday Shopping Fraud

60

Huge sales, must-have gifts, and rushing for last minute items have become too familiar. When holiday shopping between stores, we often let our guard down and can accidentally expose personal financial information. In this class, our Fraud Resolution Specialist will discuss how to prevent fraudsters from using your shopping to their benefit.

Avoiding Tax Filing Fraud

60

Tax filing can expose a substantial amount of personal information – annual income, retirement plans, and a Social Security number to name a few. Data thieves are looking to prey on this “gold mine” of information and sell it on the dark web. In this class, our Fraud Resolution Specialist will discuss the warning signs of tax-related fraud and share tips on safely filing your taxes.

Battling Unemployment Fraud

30

With COVID-19, jobless claims have ballooned, creating a historic identity theft problem. Identity thieves are taking advantage of state unemployment (UE) systems overwhelmed to meet this unprecedented demand. In this class, our Fraud Resolution Specialist explains the prevalence of UE fraud and how to lessen its financial and identity theft damage.

Data Breach Education

60

We hear about data breaches all the time – another company is breached; another card scanner is hacked. The more we’re desensitized to its reality, the more of a chance we’re impacted by one. In this class, our Fraud Resolution Specialist will discuss how to evaluate the severity of data breaches and how to protect personal information.

Elder and Disability Care

30

For loved ones who have an inhibiting mental or physical condition, there are specific laws in place to protect their rights and prevent discrimination. In this class, we outline several legal tools and programs that assist the needs of the elderly and disabled, and how to help set them up for success.

Estate Planning 101

30 60

Believe it or not, you have an estate! Think about family possessions, bank accounts, houses, investments, even furniture. Estate planning helps you prepare for how your estate will be distributed to your loved ones. In this class, we explore the common legal tools used to manage and preserve assets.

ID Theft Protection 101

60

Today, someone becomes a victim of identity theft every two seconds. In this class, our Fraud Resolution Specialist will share tips on how to defend against identity thieves and how to lessen the impact if victimized. Let’s pull back the curtain and reveal how fraudsters attempt to steal our data.

Personal Data Security

60

A security incident’s compromised information doesn’t necessarily result in identity theft victimization. In this class, our Fraud Resolution Specialist will share the best practices to help maintain your personal information safety. We’ll also discuss the identity protection and restoration services available to you through the Employee Assistance Program. *This class is offered only as a response to a company data breach.*

Planning Future Medical Decisions

30 60

If you become incapacitated or unconscious – your voice can still be heard when it comes to your health treatments! An advanced health care directive can help ensure pre-determined health care choices are kept and ease the burden on your family. In this class, we discuss what legal documents are needed to start a future medical plan.

Social Media Privacy

30

Social media is designed to share information, photos, and thoughts with other people. But how safe is it to be sharing your private information on public platforms? In this class, our Fraud Resolution Specialist will discuss how oversharing can endanger personal and financial safety.

Available formats: 30 minute 60 minute 90 minute SP Spanish

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FINANCIAL SEMINARS

Adjusting Finances During Challenging Times

60

Feeling the sting of a tough economy? Market volatility and inflation can lead to rising levels of financial stress. We will discuss steps you can consider to reduce or avoid added strain. We'll also talk about what may be causing the change in prices, how you might adjust your budget, and resources available to you.

A Holiday Planning Guide

30 60

Is the holiday season bringing you stress and debt? We will share some best practices for planning, saving and spending. Technology has become a bigger part of our holiday shopping and planning experience. We will discuss online resources and dates to remember to help you plan for this time of year. *Recommend scheduling in October.*

Dreaming of Retirement

60

Many people can't wait for retirement, yet they spend more time planning their vacations than putting together a formal plan. To be confident that you can sustain the retirement lifestyle you envision, you may need to do some calculations to determine whether you are on track to have the necessary income or assets. We'll provide the tools to help ensure your retirement dreams are realistic.

Estate Planning: Financial Basics

60

Many of us know we should have an estate plan, but we don't know how or when to get started. We will discuss the common components of an estate plan and explain how your plan may change as you go through different stages of life. Lastly, we will cover the pros and cons of hiring an attorney, versus doing most of the work yourself.

Financial Setback? Regroup & Rebuild

60

We may all face a financial setback at some point in life. How will you react? What is the plan? We will walk you through a process that includes assessing the setback and the impact on your finances. Then we'll review how you can take action and get prepared for future difficulties.

Getting & Keeping Good Credit

30 60

Credit scores influence personal finances in more ways than most people realize. Whether it's your auto insurance premium or the interest rate on your mortgage, you want your credit score to be "excellent". We'll discuss the criteria that determine a credit score, as well as how to establish new credit, how to recover from credit challenges, and best practices for maintaining an excellent credit score.

Investing: Education for Beginners

30 60

Learn about the ways that investment accounts might be used to achieve various personal savings goals. We'll also talk about the relationship between risk and timeframes. Then, build your knowledge as we explain how mutual funds, stocks, bonds, and other types of investments work. We'll conclude with some action steps attendees can take to apply what they have learned.

It's My Budget & I'm Sticking to It!

30 60

Creating and sticking to a budget is the foundation for great personal finances. Why? It gets you in the habit of reviewing and adjusting your spending so that the most important goals in your life get funded. We will outline a process for creating a spending plan and will offer practical tips for sticking to it!

I Want to Buy a House

60

Buying a home can be an achievable goal if you do your research and plan for all the expenses associated with both purchasing and maintaining a home. There is a lot of thought that can go into the perfect, right-now house versus your "forever" home. Let's walk through the home buying process, how to prepare, and how to set yourself up for success with your new budget and home maintenance.

Money Basics: Let's Build a Plan

30 60

If you want to feel confident about your personal finances, consider following a plan that has four components: controlling spending, managing debt, prioritizing savings, and maintaining excellent credit. If you lose focus on any of these disciplines, you risk adding stress to your life. This class explains the importance of each component of your plan and helps you get started.

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FINANCIAL SEMINARS

New Year...New You!

Financial Resolutions You Can Keep

30 60

When January arrives, many of us want to start a new financial habit or break a bad one. The real challenge isn't getting started but sticking to the plan. As a financial coaching organization, we have worked with thousands of people to help them stick to their New Year's resolutions. We will share tips for setting realistic goals and making it to the finish line.

Planning for College 101

60

The costs of attending college continue to increase, so planning is imperative. This class will discuss different types of college savings accounts and review the financial aid process. It may be important to get funds from as many sources as possible, so we'll review scholarships, grants and loans. Get ready to leave this class better prepared to establish and fund your college savings goals.

Relationships & Money

30 60

Surveys show that stress about money impacts our relationships with others, especially our partners or spouses. Join us as we explore how our relationship with money, our life experiences, and our emotions influence our finances. Learn best practices to improve communication skills with friends and family.

Retirement Planning: Getting Started

30 60

Whether you are at the beginning or near the end of your career, the most important first step toward building a retirement plan is creating or establishing a savings goal. Knowing that there are many competing needs or wants for the dollars you save, we will review goal-setting strategies that can help you stay on track. We will also review common types of investment accounts for your savings.

Sandwich Generation: Caught in the Middle

30 60

Navigating personal finances can be daunting for anyone, but if you support your children and aging parents or grandparents, you are likely facing much greater challenges than most. Help has arrived! We'll show you how to assess your financial and personal capacity and set realistic boundaries to help you through this stage of life. We'll talk about how to handle setbacks and remain resilient, and we'll provide resources and tools to help you manage your financial goals.

Student Loan Repayment Strategies

60

For many employees, especially in the first half of their careers, student loan payments are a significant monthly expense. This class helps attendees consider repayment options that meet their individual goals. We discuss repayment options and explain forgiveness programs. We will also include how you might lower monthly payments or pay off loans faster.

The Financial Wellness Playbook

60

Learn from those who have gone before you! This class shares the habits commonly practiced by people who have little financial stress in their lives. Our coaching staff has conducted over a million financial consultations, and the most experienced coaches were interviewed to develop this presentation. The goal is for attendees to take pride in the processes they are practicing well, and to develop an action plan to address the habits they would like to improve.

Understanding Tax Returns

30

For most taxpayers, tax season usually amounts to "How much is my refund?" or "How much do I owe?" We'll cover how income tax is calculated, types of adjustments/deductions, and ways to reduce taxation. We will also review any tax law changes and explore some common mistakes that could be avoided with proper planning.

Your Debt-Free Game Plan

30 60

Debt is one of the biggest obstacles keeping Americans from reaching their financial goals. This class will encourage you to prioritize debt management, but it doesn't stop there! We'll also go over specific debt reduction strategies and review how to write and follow SMART goals. We hope you leave this class motivated and more confident about reducing your debt.

To coordinate a seminar, please call 1.800.577.9391 or email eshcomments@Cigna.com

Please note that Employer Service Hours will be deducted from your account for cancellations/changes with less than five full business days' notice.

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