



# CIGNA EAP WELLNESS SEMINARS 2017 NATIONAL WEBCAST CALENDAR

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LIVE	SEMINAR	TOPIC
Jan 11	Finding Your Drive	Stay strong! Power through! If only it were that easy. Tapping into and maintaining willpower and motivation can be hard. Learn what can help.
Jan 25	Manager's Guide: Drug and Alcohol Awareness	Substance use can impact the workplace. Review drug and alcohol abuse basics, and discuss resources available to you as a manager.
Feb 8	Try it! Exploring New Things	In a same old, same old rut? Look at the value of trying something new and discover ideas for expanding your horizons.
Feb 15	Living with the Threat of Violent Attacks	Violent mass tragedies, whether far away or close to home, leave us feeling many strong emotions. Explore how to manage them.
Mar 1	Effective Communication Strategies	In an era of texts and tweets, communication can suffer. Discuss how to use assertiveness and engagement to connect effectively with others.
Mar 15	Stress Less: Responding to Your Mind and Body	The tension of stress impacts us physically and emotionally. Check out this seminar for some simple but powerful ways to lessen your stressin'!
Mar 22	Workplace Bullying	Bullying doesn't just happen in the schoolyard. Learn how to identify and deal with it in the workplace.
Apr 5	Manager's Guide: Supporting Employees After a Traumatic Event	Understand common reactions to disasters or other traumatic events. Learn what you can do as a manager.
Apr 19	Dealing with Difficult People	Aggressive, passive, defensive, pessimistic – difficult behavior affects everyone. Get practical tips for how to respond. ★ In English & Spanish
May 3	The Power of Authenticity	Does your public image match your inner truth? Discover the benefits and growth that can come when it does. And learn how to make it so.
May 17	Identity Theft: Prevention and Resolution	Identity thieves aren't going away. Learn how to protect your identity. Find out what to do if you do become a victim.
May 24	Mental Health: Let's Talk About It	The stigma of mental health problems has made it a taboo subject for too long. We'll shed light on the issues and how you can make a difference.
Jun 7	Presenting your Best Professional Image	Does your professional image stand out? It's more than just your appearance. Learn ways to be your best in everything at work.
Jun 21	Experiencing Mindfulness: An Introduction	What is mindfulness? How do you do it? What effect does it have? Join us to explore what it means to be mindful and to try it out.
Jul 12	Talking to Children About Death	Loss is part of life, but that doesn't make it any easier to explain to a child. Get pointers for the talk and learn how you can help a grieving child.
Jul 19	Manager's Guide: Managing Employee Stress	Stress takes a toll in the workplace. Learn how to spot and address stress triggers, while helping employees build resilience.
Aug 2	Grandparenting: What's Great About Being Grand?	Becoming a grandparent ushers in a new era – for you and your adult child. Explore the joys and challenges with us.
Aug 16	Experiencing Mindfulness: How Can It Help?	Bringing a mindful awareness to yourself and the world around you holds many benefits. Learn how it works and try it for yourself.
Aug 23	Conversations About End of Life	Death is a topic we avoid. This can stop us from making choices about the end of life that could enhance its quality. Join the conversation.
Sep 6	It's My Budget, and I'm Sticking to It!	A budget is the key to sound financial planning. Our financial expert will discuss how to track expenses, review trouble spots, and share tips.
Sep 20	Suicide Awareness for Employees	Suicide can touch any life. The impact can be profound. Join us for a candid conversation about warning signs and response strategies.
Oct 4	Experiencing Mindfulness: Positive Impacts	Practicing mindfulness can build up your ability to see and respond to the world in a more positive way. Join us to experience it firsthand.
Oct 18	Partner Violence Awareness	We don't think of partner violence as a workplace issue, but it can be. Learn more about the impact and how you can support a coworker.
Nov 1	Manager's Guide: Talking to Employees About Sensitive Subjects	Body odor, unpleasant habits, inappropriate behavior...bringing up sensitive topics can be a challenge. Get strategies that bring results.
Nov 15	A Fresh Look at Healthy Eating	If you think eating healthier is complicated, think again. Get simple tips to improve eating habits. ★ In English & Spanish
Dec 6	Holiday Stress: Putting Happy Back in the Holidays	Shopping, cooking, family...help! Get tips to reduce the stress and put joy back in the holidays.

All seminars are one hour and take place on Wednesdays at 2 pm ET / 1 pm CT / 11 am PT.  
On-demand replay will be available starting 2 hours after the live presentation.

Together, all the way.®



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