

# 2021 CIGNA EAP WELLNESS WEBCASTS

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LIVE	SEMINAR	TOPIC
JAN 6	Thriving Through Uncertainty	Life is unpredictable. Get strategies for managing reactions, making decisions, and taking action in spite of uncertainty.
JAN 20	Stress and Your Child	A stressed child often means a stressed parent. Learn how to build your child's resilience and give them tools to tame stress.
JAN 27	A Fresh Look at Healthy Eating	If you think eating healthier is complicated, think again. Review simple strategies that have the power to improve eating habits.
FEB 10	Beating Burnout	Everyone feels pressure at times. But if you're overwhelmed, it could be job burnout. Learn how to spot it and stop it.
FEB 24	The Power of Purpose	The search for purpose can be lifelong. Discover how to uncover clues about your purpose and make it part of your life.
MAR 10	Financial Setback? Regroup and Rebuild	When our finances take a hit, it hurts. Learn how to find your footing and get back on the path to financial security.
MAR 24	Manager's Guide to the EAP	Did you know that EAP spells support? Explore the benefits available to you in your role and for personal life challenges.
APR 7	Stress Relief: Train Your Brain	Stress is everywhere, but it's how we respond to it that makes the difference. Learn to train your brain to rewire your response!
APR 21	Effective Communication Strategies <i>English &amp; Spanish</i>	In an era of texts and tweets, communication can suffer. Discuss how to use assertiveness and engagement to connect effectively.
MAY 5	Mental Health: Let's Talk About It	Mental health issues are often hidden in the shadow of stigma. We'll shed light on the realities and discuss how to offer support.
MAY 19	Healthy Life Tips for Women	Are you fighting with health advice overload? Join us to review core ways women can create a basic blueprint for better health.
JUN 2	Healthy Life Tips for Men	Good health doesn't happen magically; choices matter. Join us to review key ways men can build a solid foundation for wellness.
JUN 16	Managers: Gender Transition and the Workplace	Sensitive leadership is key in this situation. Learn about gender transition, how to be supportive, and promote respect at work.
JUL 7	Stress in Customer Service Roles	Customer service comes with a unique set of demands. Get strategies for managing and reducing the stress in a service role.
JUL 21	Talking to Children About Death	Loss is part of life, but that doesn't make it easy to explain to a child. Get pointers for the talk and how to help a grieving child.
AUG 4	Understanding Anxiety	Is anxiety overtaking your life or someone you care about? Learn about this common condition, managing it, and offering support.
AUG 18	Change & Challenges: Developing Your Resilience	Most of us struggle when life throws curveballs. Discover how to build your natural resilience to cope in tough times.
SEP 8	Managers: Leading in Complexity	Many management challenges have no instruction manual. Learn how to innovate, make decisions, and lead in complex situations.
SEP 22	Navigating Eldercare: A Compass for Caregivers	It's easy to get lost in the maze of caregiving decisions and challenges. Review key concerns and get tips for managing them.
OCT 6	A Holiday Planning Guide	Holiday joys often get buried under holiday stress and debt. Take control this year with tips from our financial expert.
OCT 20	Understanding Addictive Behaviors	Caring about someone who is struggling can be overwhelming. We'll talk about how to better understand, cope, and help.
NOV 3	Blueprint for Emotional Wellness <i>English &amp; Spanish</i>	What does it mean to be emotionally well? We'll share ideas to help you tap your inner strengths to be your best self.
NOV 17	Managers: Stress Management for Managers	Stress and management are nearly synonymous. Take a timeout with us to get strategies you can use to bring the pressure down.
DEC 8	The Power of Gratitude	Even in the hardest times, there's something to be grateful for. Discover how an "attitude of gratitude" can enrich and empower.

**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 1 hour after the live presentation.**

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