



CIGNA EAP 2018 WELLNESS WEBCASTS

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LIVE	SEMINAR	TOPIC
JAN 10	Make the Choice to Be Healthy	Good health doesn't happen magically. Our choices matter. Join us to look at ten key ways to build a solid foundation for wellness.
JAN 24	Make Peace with Time	Looming deadlines, juggling priorities...the clock can seem like our enemy. Find out how to tackle common time traps and make time your ally.
FEB 7	Blueprint for Emotional Wellness	What does it mean to be emotionally well? We'll share ideas to help you tap your inner strengths to be your best self.
FEB 14	Creating a Positive Work Environment	What makes work a great place to be? Explore the role you can play in building the positivity you want at your workplace.
FEB 28	Manager's Guide: Mindful Leadership	Join us in discovering how a mindful approach can positively impact performance and help you lead with authenticity and compassion.
MAR 7	Investing: A Beginner's Guide	A penny saved is a penny earned. If only it were that simple! Our financial expert has answers to your investing questions.
MAR 21	Generations Working Together	Have you ever had a "What were they thinking?" moment with an older or younger coworker? We'll share tips for working well with all ages.
APR 4	Bridging Divides: Beyond Agree to Disagree	We all have our opinions and beliefs but what about when they clash with those of others? Practice reaching across divides to respectfully engage.
APR 18	Managing Change	Change isn't easy. We'll explore why it's so stressful and share real-world strategies for moving through transitions in a healthy way. English & Spanish
MAY 2	Manager's Guide: Depression in the Workplace	Let's talk about depression and workplace impact. We'll discuss how you can respond and review resources you can share.
MAY 23	Keeping Up with the iKids	Snap, tweets, texts, gamers...formats may change, but digital technology is here to stay. Get tips for helping your child use it safely and well.
JUN 6	Age Is Just a Number: 50 and Beyond	50 is the new 30! Or is it? Aging brings new challenges, but also new opportunities. We'll explore how to make the most of this stage of life.
JUN 20	Staying Active	Get moving! Get healthy! Learn how to beat your excuses and get tips for incorporating activity into your daily life.
JUL 11	Manager's Guide to Critical Incidents	What is your role when death or trauma impacts your workforce? Learn helpful moves and review supportive resources available when crisis hits.
JUL 18	Alternative Approaches to Wellness	Yoga, acupuncture, mindfulness and other natural approaches to well-being are becoming more mainstream. Are they right for you?
AUG 1	Investing: An Intermediate Guide	Are you ready to take your investment strategy to the next level? Explore risk management and other factors that impact investing.
AUG 22	Know Your Numbers	BMI, BP, HDL, LDL! Take the mystery out of what it all means. Get simple explanations of biometric numbers and ideas for improving them.
SEP 5	Sticks & Stones: Understanding Bullying Today	From school hallways to online networks, bullying causes real hurt. Understand what is involved and how your child can safely respond.
SEP 19	Under Pressure: Managing Workplace Stress	You can't run from stress, but you can learn to handle it more effectively. Learn good coping strategies and proactive moves. English & Spanish
OCT 3	Life with Cancer	When cancer becomes a reality for you, or someone close to you, everything changes. We'll talk about the stressors and strategies for managing them.
OCT 17	Refresh, Refocus, Relax: Techniques that Work	How do we release tension and reclaim balance in our busy days? Join us to discover techniques that trigger the body's natural relaxation response.
NOV 7	The Opioid Crisis and You	What does the opioid crisis mean for you? Learn about this class of drugs and how they might impact your life or someone you care about.
NOV 14	Manager's Guide: Civility and Respect at Work	Disrespectful words and actions can affect performance and morale, and lead to harassment or worse. Learn strategies to address this key issue.
DEC 5	Work and Personal Life: The Balancing Act	Family, friends, work, hobbies – how do you make it all work? Move past the idea of "balance" and find realistic strategies to build the life you want.

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.

