



Mindfulness Matters



June

Visit your home page starting
June 18th:

TOLL-FREE:
800-822-4847

WEBSITE:
www.lifeserviceseap.com

**WHATEVER YOU NEED,
WE ARE HERE TO HELP.**
Just call or log on to get started.

ONLINE SEMINAR

Mindfulness is being aware in the current moment, knowing what you are doing, and where your focus is. Mindfulness is a powerful tool for the workplace. By practicing mindfulness, you can decrease distractions, increase productivity, and set yourself up with a better mood.

This session explores the basic principles of mindfulness and discusses the positive impact it has in different aspects of one's life.

Your Employee Support Program can help you with focus, awareness, and mindfulness, 24/7.



Making a Life While Making a Living: Work-Life Balance



July

Visit your home page starting
July 16th:

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ONLINE SEMINAR

The conflicting demands of work and home can create stress and zap the time and energy needed to get everything done. Balancing what needs to be done in an effective manner can lead to more satisfaction with both home and work lives, personal and professional.

This session will help participants identify various ways to achieve balance with personal, family and work responsibilities.

Your Employee Support Program help you achieve balance today, available 24/7.



Effective Budgeting



August

Visit your home page starting
August 20th:

TOLL-FREE:
800-822-4847

WEBSITE:
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ONLINE SEMINAR

Examine your obstacles to reaching your financial goals, learn how to manage your debt, and develop a personal debt reduction plan. Budgeting is an important life skill, whether you need to pay down a debt, save for a future purchase, or put money into investments.

This session will guide you through the process of tracking your spending so that you understand how you currently spend money.

Your Employee Support Program, available 24/7 to Learn more about these financial achievements with resources provided.



Maximizing Your Day: Effective Time Management



September

Visit your home page starting
September 17th:

TOLL-FREE:
800-822-4847

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ONLINE SEMINAR

If time management is so easy to accomplish on one's own, then why do we feel so overwhelmed? Time management is a learned skill. It requires self-discipline and a desire to become conscious of how personal daily activities are managed. It is important to learn to prioritize important events and explore the role of delegation and communicating delegation requests with others.

This session will provide a basic explanation of the time management process and the characteristics of effective time managers.

Your Employee Support Program can help you with time management any time, 24/7.



Emotional Wellness-Building Better Mental Health



October

Visit your home page starting
October 15th:

TOLL-FREE:
800-822-4847

WEBSITE:
www.lifeserviceseap.com

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ONLINE SEMINAR

In a fast paced and high pressure world, it is essential that we are armed with the self-awareness and personal strategies to enjoy a life of positive emotional wellness and optimal mental health.

The aim of this session is to provide participants with the insight and knowledge to make changes to their habits and lifestyle choices to enhance their wellbeing.

Your Employee Support Program is available 24/7 to help you learn coping strategies for dealing with adversity in a constructive way and develop structured mechanisms for building better mental health.



The Sandwich Generation: Meeting the Challenges of Multigenerational Caregiving



November

Visit your home page starting
November 19th:

TOLL-FREE:
800-822-4847

WEBSITE:
www.lifeserviceseap.com

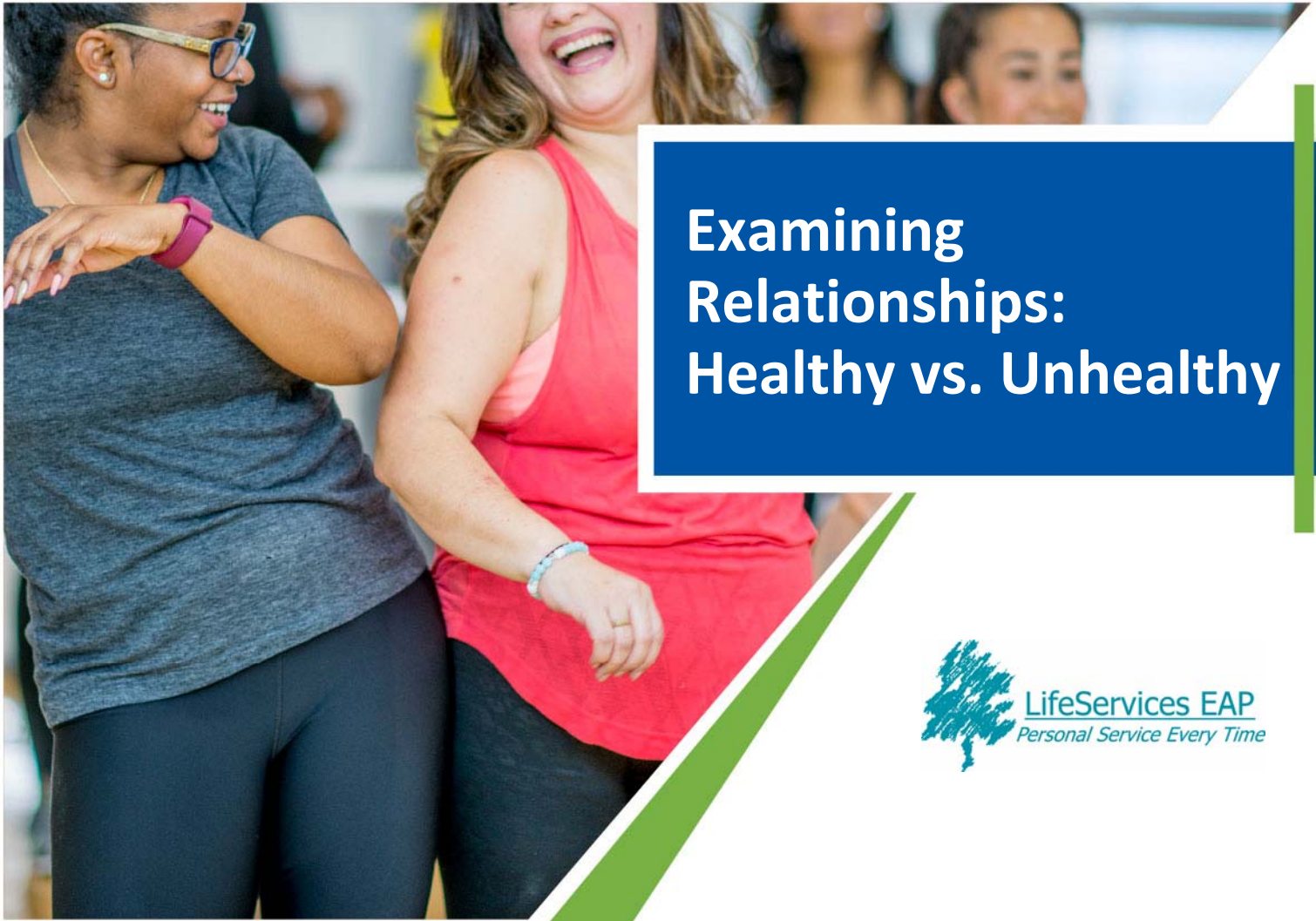
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ONLINE SEMINAR

Looking at a few common family dynamics—from elders who feel anger and shame at losing their independence and role in society, to children who are confused, frustrated and embarrassed by a grandparent's decline—caregivers have a lot to worry about. As stress increases, caregivers should know how to identify the triggers that indicate that they may need more help and external service providers.

This session provides a timely overview of how to cope as a caregiver in the 'sandwich generation', including competing pressures of family life and work while caring for a young and/or elderly relative.

Your Employee Support Program is available 24/7 to help with you and your family.



Examining Relationships: Healthy vs. Unhealthy



December

Visit your home page starting
December 17th:

TOLL-FREE:
800-822-4847

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ONLINE SEMINAR

Stronger relationships in the workplace typically means more collaboration, happier co-workers, higher productivity, and less burnout. However, when workplace relationships are unhealthy, it could mean the opposite. Bullying in the workplace is not okay, but receiving legitimate feedback or a disciplinary action is. Building strong relationships, whether they are family or romantic, friend or professional, can have a positive impact on your life.

This session helps participants identify the characteristics of healthy and unhealthy relationships and what kind of relationships to avoid.

Your Employee Support Program is available 24/7 to help with you and your family.

Your Employee Support Program
Online Seminars - available on demand!



FEATURES INCLUDE:

- Find the *Online Seminars* section on your employee support website listed below.
- Select a seminar title, read the description, and click on the hyperlink provided to register and launch the seminar.
- If you have questions type them into the “Ask a question” box. You will receive an answer within five business days. All questions and answers will be posted on the FAQ tab.
- A library of past online seminars is also available.

Want help with skills to help you in the workplace, become a better parent, or make better use of your leisure time? Explore the wealth of learning options available to you.

Our popular online seminars are now available on demand. Seminars will be pre-recorded and uploaded on the third Tuesday of each month.

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