2020 Stress Management Webinar Series

About the Series: A quarterly series designed to provide employees with the knowledge and skills necessary to cope more effectively with stress so they can live healthier and more productive lives.

Access: Employees may use the below links to register for the live Webinar sessions. They will also have unlimited access to each session recording.

Overcoming Burnout

This important workshop will take a practical look at the causes of burnout and provide several life management strategies that can help individuals to improve their health, regain motivation, and increase life satisfaction. These strategies include building resilience, time and stress management, and identifying and pursuing our life's purpose.

When: February 10th, 1:00 – 2:00 PM CT Register: https://attendee.gotowebinar.com/register/7464339653288674818

Stress & Its Impact on Your Health

A practical look at the effect stress has on individuals mentally and physically, along with helpful strategies for listening to internal alarm systems and proactively implementing stress management techniques that can improve health, productivity and life satisfaction.

When: May 11th, 1:00 – 2:00 PM CT Register: https://attendee.gotowebinar.com/register/7727163614258146049

How to Live a Mentally Healthy Life in the 21st Century

This important session will cover some of the core strategies that can help individuals to live lives that are mentally healthy, enjoyable, and productive. The practical strategies to be discussed include how to maintain a positive attitude, enhance emotional intelligence, and maximize personal resilience.

When: August 10th, 1:00 – 2:00 PM CT Register: https://attendee.gotowebinar.com/register/6542723509329503233

Managing the Stress of Change

Our constantly changing world creates stress and difficulty for most of us. This important session will provide several techniques designed to help individuals more effectively cope with, and adjust to, the changes in their lives. In addition, the presentation will cover strategies for increasing overall resilience.

When: November 9th, 1:00 – 2:00 PM CT Register: https://attendee.gotowebinar.com/register/6529815242819442689

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