

Tools for Today

October 14, 2026 | 1–2 p.m. E.T. | [Register](#)

Life feels easier when your mind and body are working together. This webinar highlights everyday habits that boost your overall well-being, such as mindfulness, nutrition, sleep routines, social connection, and self-care. We'll also outline small changes that can make a meaningful difference and offer realistic strategies you can start using right away to feel more grounded, energized, and fulfilled.

The Sandwich Generation

November 9, 2026* | 1–2 p.m. E.T. | [Register](#)

It can be a lot to care for aging parents while also managing your career and tending to the rest of your family. Strike a healthier balance between these overlapping demands with guidance on gathering important information, communicating effectively with family members, and planning for your loved ones' needs. You'll leave with strategies to feel more prepared and supported as you care for others and your own well-being.

*Due to Veterans Day, this webinar will take place on Monday

FOR SUPERVISORS

Effective One-on-One Conversations

December 2, 2026 | 1–2 p.m. E.T. | [Register](#)

Strong one-on-one conversations can shape trust, clarity, and performance. Join us to get a better understanding of what makes these discussions meaningful and how to approach them with purpose. You can expect opportunities to practice framing conversations, listening with intention, and responding thoughtfully. You'll also work through scenarios to build confidence and walk away with practical techniques to strengthen relationships and support better outcomes.

Nonverbal Communication

December 9, 2026 | 1–2 p.m. E.T. | [Register](#)

Your body language often speaks before you do. This webinar introduces you to the world of nonverbal cues and how they shape your interactions. In addition to demonstrating what different gestures and expressions can signal, we'll show you how to read others more accurately and become more aware of the messages your body sends. You'll also practice interpreting examples to build skills that support more confident, connected communication.

One Life: Empowering Your Journey to True Balance

January 13, 2027 | 1–2 p.m. E.T. | [Register](#)

Finding balance is less about dividing your time and more about aligning your choices with what matters most. This webinar is an opportunity to look at how your values, priorities, and daily actions can work together to create a more grounded and fulfilling life. Join us to find out how to bring more harmony to your routines, strengthen your sense of purpose, and make decisions that support your overall well-being.

Spend Smarter, Save Better: The Art of Financial Mindfulness

February 10, 2027 | 1–2 p.m. E.T. | [Register](#)

If you've ever wondered where your money goes, this webinar will teach you how to take a closer look with intention and clarity. Learn how to spot triggers for impulse purchases, create a no-buy list, separate spending categories, and establish a zero-sum budget that fits your lifestyle. With an emphasis on mindful habits that support your financial goals and celebrating small wins that keep you motivated, you'll leave with a fresh mindset and practical tools to make every dollar work harder for you.

Riding the Change Wave

March 10, 2027 | 1–2 p.m. E.T. | [Register](#)

How you respond to the changing tides of life shapes your overall well-being. This discussion invites you to reflect on the transitions you face and evaluate your thoughts and feelings around them. You'll learn eight proven strategies for navigating personal and professional change and gain insight into avoiding common pitfalls. By the end, you'll feel more prepared to move through shifting circumstances with clarity and purpose.

FOR SUPERVISORS

Dynamics of Change Management

March 24, 2027 | 1–2 p.m. E.T. | [Register](#)

When workplace change is on the horizon, employees take their cues from those who lead them. This webinar underscores how your approach, communication style, and emotional awareness set the tone for whether your team resists, hesitates, or leans into a transition. We'll review the emotional reactions people commonly experience during change and how understanding them helps you guide your team.

Unplugging to Recharge: Strategies for Combating Technostress

April 14, 2027 | 1–2 p.m. E.T. | [Register](#)

Constant notifications and nonstop connectivity can leave anyone feeling drained. This session introduces the concept of technostress, how it affects your mind and body, and what signs to watch for. Join us to learn how to set limits, create routines that support balance, and build habits that help you feel more grounded in a digital world.

Sleep Basics

May 12, 2027 | 1–2 p.m. E.T. | [Register](#)

Quality sleep is one of the strongest foundations for good health. This webinar explores how sleep affects your body, mood, and energy, and shows you how to build habits that support a more restful night. You'll learn how to create a sleep-friendly environment, use relaxation techniques to ease insomnia, and develop routines that help you wake up feeling more refreshed.

Procrastination

June 9, 2027 | 1–2 p.m. E.T. | [Register](#)

Almost all of us put things off from time to time, and while it's easy to blame this or that for it, the reasons often run deeper. During this webinar, you can assess your own patterns around procrastination to understand what's driving them, and learn techniques to break the cycle, build momentum, and create an action plan that supports steady progress toward accomplishment.

FOR SUPERVISORS

Managing Priorities to Maximize Your Day

June 23, 2027 | 1–2 p.m. E.T. | [Register](#)

Although all leaders contend with deadlines, meetings, and unexpected interruptions, many may not know how to balance them. This session focuses on practical skills to help you plan effectively, set priorities, and stay organized. We'll also walk you through self-reflection exercises you can incorporate into your daily routine to boost productivity and reduce stress.

Health and Well-Being in the Workplace

July 14, 2027 | 1–2 p.m. E.T. | [Register](#)

Your well-being influences your energy, focus, and overall quality of life. This webinar introduces simple relaxation techniques that ease stress and boost productivity. We'll discuss the basics of ergonomics, how to increase workplace safety, and ways to maintain balance through healthy eating, movement, and thoughtful routines. You'll leave feeling more equipped to support your health at work and beyond.

Screen Guide

August 11, 2027 | 1–2 p.m. E.T. | [Register](#)

As a parent, deciding how much screen time is appropriate can be tough. This session reviews age-appropriate apps and websites, along with strategies for setting limits that feel fair and realistic. You'll learn how to explain the purpose behind boundaries, handle exceptions thoughtfully, and support healthy digital habits that grow with your child.

Opioid Addiction

September 8, 2027 | 1–2 p.m. E.T. | [Register](#)

Opioid misuse remains a widespread health and social crisis. Learn about opioids, signs of misuse, and available treatment options for those seeking recovery. We'll also provide information on support groups and resources to help you assist friends, colleagues, or loved ones who may be struggling.

FOR SUPERVISORS

Substance Abuse for Managers

September 22, 2027 | 1–2 p.m. E.T. | [Register](#)

Supporting employees who may be dealing with substance use issues requires awareness and sensitivity. This webinar educates managers on current trends and best practices for addressing concerns fairly and respectfully. You'll also learn about accessible resources to help guide employees toward the support they need.