

JANUARY 2020



Your Financial Checkup

ONLINE SEMINAR

Just like a regular health checkup, this session will walk you through a "financial checkup," guiding you through the necessary steps to examine your finances.

Visit your home page starting January 21st

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.

Your Employee Support Program is there 24/7 with information and resources to help you work better, together.

FEBRUARY 2020



Managing Workplace Stressors

ONLINE SEMINAR

This session focuses on the professional or workplace items that could be causing you stress, providing you with information and strategies to address and manage these stressors effectively.

Visit your home page starting February 18th

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MARCH 2020



Planning for Professional Growth

ONLINE SEMINAR

Professional growth and success don't just happen by chance. In this session, we will discuss the four stages of professional careers and provide you with tools to develop a self-assessment plan that can lead to your career growth.

Visit your home page starting March 17th

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APRIL 2020



Effective Communication with Children

ONLINE SEMINAR

Tune in to this session to learn about different communication styles and how to communicate effectively, starting in early childhood.

Visit your home page starting April 21st

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MAY 2020



Accepting Aging: Yourself and Others

ONLINE SEMINAR

As we notice physical and mental changes in our parents or older loved ones, it can cause us to contemplate our own aging. In this session, we will look at "normal" age-related changes and also identify ways for you to come to terms with your own aging.

Visit your home page starting May 19th

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JUNE 2020



Say What You Mean the Right Way

ONLINE SEMINAR

Have you ever been misunderstood? In this session, we will identify barriers to clear communication as well as discuss how to apply tips for effective communication and dealing with difficult conflict.

Visit your home page starting June 16th

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JULY 2020



Explore New Horizons and Expand the Mind

ONLINE SEMINAR

Seeking new opportunities and expanding the mind is a powerful contributor to our mental health. This empowering session will help participants to discover the possibility and promise of seeking and exploring new horizons.

Visit your home page starting July 21st

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AUGUST 2020



Outsourcing Your To-Do List

ONLINE SEMINAR

Everyday mundane tasks can often drain our time and distract us from more high-value activities. By outsourcing the more thankless chores, we can discover a world of potential leading towards a happier and more fulfilling way of life.

Visit your home page starting August 18th

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SEPTEMBER 2020



The Secret to Work-Life Balance

ONLINE SEMINAR

In our busy and fast paced lives, it can be difficult to effectively meet the demands of our work without compromising our personal lives. This insightful session will uncover the secret to securing a healthy work-life balance.

Visit your home page starting September 15th

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OCTOBER 2020



The Mental Strength Workout

ONLINE SEMINAR

Our mind is our most powerful tool that we have during times of adversity. You can learn skills and strategies to exercise the power of your mind and increase your mental fortitude.

Visit your home page starting October 20th

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NOVEMBER 2020



Building Resilience Muscles

ONLINE SEMINAR

The foundation of resilience lies in building five muscles—three are specific skills and two are personal choices that are consistently chosen. The key to resilience is understanding yourself and identifying the mental obstacles that get in your way.

Visit your home page starting November 17th

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DECEMBER 2020



Know Your Strengths

ONLINE SEMINAR

Do you know your top strengths? Being confident in knowing what you are good at helps you approach situations with a strengths mindset, enabling you to respond more creatively to challenges.

Visit your home page starting December 15th

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