

2024 ComPsych Webinar Calendar

February

Date & Time	Topic	Description
2/15 @ 11:30AM CST Register for February 15 Webinar	Eating Healthy on a Budget	No matter what your financial situation is, everyone looks for ways to cut down their grocery bills. Don't let the idea that healthy food is expensive keep you from striving for a balanced diet. Take some time to learn new strategies to stick to your budget while enjoying healthy, nutritious foods.
2/22 @ 11:30AM CST Register for February 22 Webinar	After the Holidays: Managing That Debt	Did you spend more for the holidays than you intended? Did you go into debt, maybe at unfavorable terms? Are you worried about how you will pay these debts off? Would you like to avoid being in the same position next year? Holiday shopping can sink even the best budget if one is not careful. And post-holiday credit card bills can cause high levels of stress. This workshop will help you figure out how to get out of debt quickly and cost effectively and take steps to make sure you don't end up in debt again next year.
2/28 @ 11:30AM CST Register for February 28 Webinar	Managing Staff Through Stressful Situations	When facing heightened stress, employees react in diverse ways. For some, stress leads to a drop off in performance, lowered morale or emotional outbursts. For others, high-pressure, stressful situations become an opportunity to shine. As a manager, it's difficult to anticipate the multitude of reactions you're likely to observe during times of stress, and even harder to be equipped with the tools to handle them all. This workshop helps you plan for the expected and the unexpected and provides practical tools for dealing with both positive and negative employee behaviors during stressful times.



For each Webinar you attend, you will receive **50 Vitality Points** up to a max of 1,200 Vitality Points/Program Year

2024 ComPsych Webinar Calendar

March

Date & Time

Topic

Description

3/7 @ 11:30AM CST

[Register for March 7 Webinar](#)

Discipline That Works

Providing effective discipline for children is a problem that many parents struggle with. There will be occasions when children fail to act appropriately, no matter how hard the parent has tried to emphasize the appropriate behavior. At these times it is important for children to learn that there are natural and logical consequences to their behavior. Consequences should not be linked to practices that intimidate, hurt or embarrass children. Discipline should serve not only to maintain a safe and secure environment where children learn the importance of and reasons for rules, limits and consequences, but also to help children develop self-discipline and self-control.

3/13 @ 11:30AM CST

[Register for March 13 Webinar](#)

Bedtime Routines For Adults

Adults worldwide are sleep deprived. One way to get better sleep is to improve the process of getting to sleep, by using a pleasant and effective bedtime routine. This workshop provides a closer look at simple routines that can end the day in a calming, mindful way; going-to-bed techniques that promote quality sleep, including opportunities to practice.

3/20 @ 11:30AM CST

[Register for March 20 Webinar](#)

Feeling Stuck? Practical Ways to Get Yourself Going Again

If you're struggling with challenges and uncertainty about your personal or professional life, and you're not sure what to do next, this session is for you. We'll discuss some simple but powerful questions to ask yourself to help you get "unstuck." The benefits of asking each question will be discussed, and participants will have an opportunity to try responding to all of them.



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April

Date & Time

Topic

Description

4/11 @ 11:30AM CST

[Register for April 11 Webinar](#)

Hobbies for Mental and Physical Health

Hobbies of all sorts can help us to be mentally and physically healthier people for ourselves and our loved ones. By choosing to spend time on engaging activities that we truly enjoy, we are more likely to be the best version of ourselves. Too often we end up either just passing the time or prioritizing everyone else's needs above our own.

4/25 @ 11:30AM CST

[Register for April 25 Webinar](#)

Becoming a Better Listener

Statistics show that people remember only half of what they hear, even moments after they've heard it. Surprising? The fact is that while most of us like to think we're good listeners, almost everyone needs to improve their listening skills. This workshop offers a fresh approach to this common problem.

May

Date & Time

Topic

Description

5/15 @ 11:30AM CST

[Register for May 15 Webinar](#)

Avoiding Burnout: Self-Assessment Methods and Strategies for Self-Care

Workplace burnout is at an all-time high, with one recent study reporting more than 42% of the workforce to be experiencing components of burnout. This session will dive in the components of burnout, create reflection opportunities for participants to assess their burnout levels, and provide helpful options for pro-active self-care. Participants will reflect on their "why" or their inner motivation for doing the work they are doing and how to better connect their why to their everyday work to become happier and healthier versions of themselves.

5/28 @ 11:30AM CST

[Register for May 28 Webinar](#)

Gratitude: A Skill for Happier Living

Gratitude is a skill anyone can learn as an alternative to regret and fear. We can focus on the positive elements of our lives with a few simple practices. Providing sincere compliments can help us build relationships and be grateful for others. Rather than being grateful because we "ought to," we can choose gratitude as a way of looking forward to each day.



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2024 ComPsych Webinar Calendar

June

Date & Time

Topic

Description

6/13 @ 11:30AM CST

[Register for June 13 Webinar](#)

Breaking Free From Emotional Manipulation

Emotional manipulation is behavior that intends to emotionally exploit, control, or influence someone for their advantage. Emotional manipulation can undermine close personal relationships causing individuals to feel powerless, confused, and frustrated. Recognizing it is crucial because of the severe emotional and mental health consequences. This training will address signs and symptoms of emotional manipulation and effective ways to cope and recover.

6/26 @ 11:30AM CST

[Register for June 26 Webinar](#)

Breathing Techniques To Relieve Stress & Improve Health

Stress can compromise healthy breathing habits, but practicing breath work can reduce anxiety, encourage sleep, and in some cases, lower blood pressure. Participants will experience a variety of quick, easy breathing techniques during this course, and share back their results.

July

Date & Time

Topic

Description

7/16 @ 11:30AM CST

[Register for July 16 Webinar](#)

Effective Communication

Why is interpersonal communication important? Personal success depends on our ability to communicate. Effective human relations depend on our communication skills. Overall, interpersonal communication skills are necessary for understanding and for action. This workshop explores interpersonal skills and techniques necessary for successful interactions.

7/30 @ 11:30AM CST

[Register for July 30 Webinar](#)

Giving Effective Feedback in Personal or Work Situations

Giving effective feedback is difficult. Most people avoid opportunities to give constructive feedback and give infrequent and often unhelpful positive feedback. This session addresses strategies on how to deliver effective feedback at work or at home. The training will offer multiple examples and provide participants with ample practice to learn how to give feedback that helps individuals improve performance.



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2024 ComPsych Webinar Calendar

August

Date & Time	Topic	Description
8/14 @ 11:30AM CST Register for August 14 Webinar	Are You Financially on Track for Retirement?	One of the top financial goals for individuals and couples is to be financially secure in retirement. This goal is not one that can be planned for in just the last few years leading up to the planned retirement date but must be set and have milestones identified throughout the different stages of life. There are many “rules of thumb” or theories on the proper amount and type of savings and investments one should have in setting aside money for retirement, but there is not one plan or solution that fits everyone.
8/27 @ 11:30AM CST Register for August 27 Webinar	Helping Children Develop Strong Ethics and Values	Music, TV programs, electronic games, other children and adults all influence children. But not many of these influences teach them ethics and values. Teaching youngsters' ethics and values begins at home and is a parental responsibility. This workshop will help you explain basic ethics and morals so your children can understand how to determine right from wrong.

September

Date & Time	Topic	Description
9/12 @ 11:30AM CST Register for September 12 Webinar	Getting The Best Value out of Your Health Benefits	The simple answer is all about educating yourself on what your health plan offers. Do not wait until we get sick or injured before understand your benefits provided. Investing time in understanding the options of your plan is investing money in family. It is up to you to take advantage of all your plans have to offer. The main function is to keep you healthy and to avoid all catastrophic risk.
9/24 @ 11:30AM CST Register for September 24 Webinar	Mental Health Impacts Of A Medical Diagnosis	You or a loved one have recently been diagnosed with a serious medical condition. The emotions experienced after receiving a cancer diagnosis, having a heart attack, or while trying to manage a chronic condition can be overwhelming. This training will discuss how you can expect this news to impact mental health, and strategies you can utilize to help process and adjust to changes in your lives.



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2024 ComPsych Webinar Calendar

October

Date & Time

Topic

Description

10/9 @ 11:30AM CST

[Register for October 9 Webinar](#)

10 Strategies for Improving Your Finances

The current economic climate brings both challenges and opportunities from a financial perspective. You may wonder during these challenging times: “What should I be most careful about” and “What should my family and I work towards?” The 10 financial tips discussed in this workshop will get you on the road to financial well-being during challenging times.

10/22 @ 11:30AM CST

[Register for October 22 Webinar](#)

Mental Health Awareness for Leaders

Managing individuals who may be struggling with stress, anxiety, depression and other mental health concerns can be a difficult balancing act. Your role is to manage performance and to bring out the best in your workforce, but accomplishing this often requires you to express concern and support when employees struggle emotionally. Managers often feel uncomfortable in this aspect of their role and may lack the important skills of “emotional management.” This course covers ways employees may present their distress and offers insights and strategies on forging supportive empathic alliances within the role of manager. The session also identifies common mistakes managers make in responding to employees in distress and explains communication skills that express support and convey positive expectancy. Participants are also given information on how to refer employees to the Employee Assistance Program.



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2024 ComPsych Webinar Calendar

November

Date & Time

Topic

Description

11/7 @ 11:30AM CST

[Register for November 7 Webinar](#)

**Being Adaptive
In An Ever-
Changing World**

“Because we’ve always done it like that,” may not be the best answer to, “Why do we do the things we do?” In our ever-changing world, we are seeing shifts in our markets and economies, our cultural norms, our behaviors, and ourselves. Now is the time to thrive by learning how to be adaptive and to be consistently able to change yourself to accommodate and maximize the benefits of change.

11/21 @ 11:30AM CST

[Register for November 21 Webinar](#)

**Making the Most
of Family
Occasions**

If you are a parent, you probably share an almost universal desire to make family occasions special for your children. You also may have to overcome certain obstacles in creating your own special experiences with your children such as finances, distance from family members, and the special circumstances created by divorce, step-parenting and blended families. Many parents work overtime only to find themselves frustrated by the experience and doubtful that the result was particularly meaningful to their children.

December

Date & Time

Topic

Description

12/5 @ 11:30AM CST

[Register for December 5 Webinar](#)

**Strengthening Your
Ability to Empathize**

Everyone has heard the saying to “walk in their shoes.” It is one of the simplest explanations of empathy. Understanding other peoples’ outlook, being able to recognize their emotions and being sensitive to their situation is vital to communicate more effectively and build better relationships. This course will address ways to improve your capacity to demonstrate empathy.

12/17 @ 11:30AM CST

[Register for December 17 Webinar](#)

**Loving...You: Boosting
Self-Esteem and
Acceptance**

Somewhere along the way, many of us have replaced our positive self-regard with a critical voice. Like a shadow, it hovers at our side, reminding us of our flaws and our unworthiness. To live a fulfilling, serene, happy life, we must learn to love and accept ourselves, flaws and all. This workshop covers the basics of self-acceptance, factors that contribute to a poor self-image and practical tips for loving yourself unconditionally.



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