

# EMPLOYEE SUPPORT PROGRAM CALENDAR



# 2013

	Monthly Theme	Monthly Webinar* Title <small>*For clients with Advantage Complete or Enhanced Web</small>	Webinar Description Join us for these introductory webinars on work-life topics.
<b>JAN</b>	<b>NOT ENOUGH HOURS IN THE DAY?</b> Being efficient at work and home	<b>Maximizing Your Day: Effective Time Management</b> JAN 15 <sup>th</sup> — 11am CT, 1 pm CT	Learn time management processes and characteristics of effective time managers. Discover the importance of prioritizing important events, and explore the role of delegation.
<b>FEB</b>	<b>WHERE'S THE LOVE?</b> Relationships that last	<b>Keeping Your Love Alive</b> FEB 19 <sup>th</sup> — 11am CT, 1 pm CT	Strong relationships with the important people in our lives take work, but we get so much in return. In this session, explore the essentials that will strengthen your current connections.
<b>MAR</b>	<b>FEELING THE PRESSURE?</b> Learning the art of stress management	<b>Building Resiliency 101</b> MAR 19 <sup>th</sup> — 11am CT, 1 pm CT	It's our reaction to stress that determines if it will have a harmful impact on our health and well-being. Learn helpful tools and techniques to become more resilient to stress both at home and at work.
<b>APR</b>	<b>WHY CAN'T EVERY DAY BE EARTH DAY?</b> Greener habits at work and home	<b>Moving Beyond the Basics: Saving Our Planet</b> APR 16 <sup>th</sup> — 11am CT, 1 pm CT	First we learned the importance of the 3 R's Reduce, Reuse & Recycle. What else can we do? Saving our planet for future generations is more important than ever.
<b>MAY</b>	<b>WANT TO GET PHYSICAL?</b> Adding exercise to your daily routine	<b>Staying Fit at Work</b> MAY 21 <sup>st</sup> — 11am CT, 1 pm CT	As working adults, staying fit can be a challenge. Learn tips to add exercise and healthy eating to your workday.
<b>JUN</b>	<b>WHAT'S THE PLAN?</b> Setting retirement goals at any age	<b>It's Not Just About the Money</b> JUN 18 <sup>th</sup> — 11am CT, 1 pm CT	Retirement isn't just about your pension or 401(k). Your retirement plan may include a new living environment, a chance to explore interests, or even a new career.
<b>JUL</b>	<b>WHAT BRINGS YOU TOGETHER?</b> Defining family in today's world	<b>Family Ties</b> JUL 16 <sup>st</sup> — 11am CT, 1 pm CT	In the 21st century, families come in all shapes and sizes. Explore the diversity of today's families and what that word means for you.
<b>AUG</b>	<b>WHAT'S YOUR BEEF?</b> Managing conflict in the workplace	<b>Nobody Likes a Bully: Bullying in the Workplace</b> AUG 20 <sup>st</sup> — 11am CT, 1 pm CT	Dealing with different personalities at work is a reality. Bullies pose a greater challenge. Learn how to identify hostility in the workplace and how to handle the bullies who create it.
<b>SEP</b>	<b>WHO AM I?</b> Meeting the challenge of a new role	<b>Suddenly You Are a Caregiver</b> SEP 17 <sup>th</sup> — 11am CT, 1 pm CT	Becoming a caregiver for a dependent adult can happen in the blink of an eye. Learn how to prepare yourself so you're ready for action when faced with this challenge.
<b>OCT</b>	<b>WHAT'S AT RISK?</b> Protecting what's important to you	<b>Getting Your Affairs in Order: Five Essential Documents</b> OCT 15 <sup>th</sup> — 11am CT, 1 pm CT	Be prepared and organized for your future and that of your family. Learn about the five documents that everyone should have in order to be prepared for the unexpected.
<b>NOV</b>	<b>HAVE YOU DONE YOUR HOMEWORK?</b> Raising children to be independent adults	<b>Teaching Your Children Responsibility</b> NOV 19 <sup>th</sup> — 11am CT, 1 pm CT	Learn methods to encourage and nurture responsibility in children of all ages. Help them to grow to become good decision makers.
<b>DEC</b>	<b>HOW DID YOU DO IT?</b> Little steps toward healthy habits	<b>The Path to Inner Peace</b> DEC 17 <sup>th</sup> — 11am CT, 1 pm CT	Through a greater examination of self, as well as of your personal and work environments, you can take steps down the path to inner peace.

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