

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.
JAN	NOT ENOUGH HOURS IN THE DAY? Being efficient at work and home	Maximizing Your Day: Effective Time Management JAN 15 th — 12 pm, 2 pm ET	Learn time management processes and characteristics of effective time managers. Discover the importance of prioritizing important events, and explore the role of delegation.
FEB	WHERE'S THE LOVE? Relationships that last	Keeping Your Love Alive FEB 19 th — 12 pm, 2 pm ET	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.
MAR	FEELING THE PRESSURE? Learning the art of stress management	Building Resiliency 101 MAR 19 th — 12 pm, 2 pm ET	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.
APR	WHY CAN'T EVERY DAY BE EARTH DAY? Greener habits at work and home	Moving Beyond the Basics: Saving Our Planet APR 16 th — 12 pm, 2 pm ET	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.
MAY	WANT TO GET PHYSICAL? Adding exercise to your daily routine	Staying Fit at Work MAY 21 st — 12 pm, 2 pm ET	As working adults, staying fit can be a challenge. Learn tips to add exercise and healthy eating to your workday.
JUN	WHAT'S THE PLAN? Setting retirement goals at any age	It's Not Just About the Money JUN 18 th — 12 pm, 2 pm ET	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.
JUL	WHAT BRINGS YOU TOGETHER? Defining family in today's world	Family Ties JUL 16 th — 12 pm, 2 pm ET	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.
AUG	WHAT'S YOUR BEEF? Managing conflict in the workplace	Nobody Likes a Bully: Bullying in the Workplace AUG 20 th — 12 pm, 2 pm ET	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.
SEP	WHO AM I? Meeting the challenge of a new role	Suddenly You're a Caregiver SEP 17 th — 12 pm, 2 pm ET	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.
OCT	WHAT'S AT RISK? Protecting what's important to you	Getting Your Affairs in Order: Five Essential Documents OCT 15 th — 12 pm, 2 pm ET	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.
NOV	HAVE YOU DONE YOUR HOMEWORK? Raising children to be independent adults	Teaching Your Children Responsibility NOV 19 th — 12 pm, 2 pm ET	Learn methods to encourage and nurture responsibility in children of all ages. Help them to grow to become good decision makers.
DEC	HOW DID YOU DO IT? Little steps toward healthy habits	The Path to Inner Peace DEC 17 th — 12 pm, 2 pm ET	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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