

2022 Featured Webinar Calendar

All featured Café Series webinars are available for the duration of the month.



January

Achieving Harmony: Maintain a Healthy Work/Life Balance

Presented by: Zoë Kobrin

In an effort to "have and do it all," many people feel stressed by the demands of both home and work and feel challenged to maintain balance. Higher stress levels lead to compromised physical and Emotional Wellbeing, as well as lost time at work and lower productivity. By raising our awareness and consistently utilizing simple strategies, better balance is possible! In this webinar you will learn how to: recognize the signs of poor work life balance, create manageable work and personal goals, plan your time productively, including breaks, and distinguish when you need support and how to get it.

February

Family Ties

Presented by: Heather Maguire

In this day and age when everyone is plugged in - what affect is that taking on the members of the family especially the children? Connecting as a family on all levels is key to how children behave in social settings and later in life. Communication skills, dealing with life issues and how they conduct themselves is a learned behavior from parents and other family members.

March

Riding the Waves of Change

Presented by: Nancy Scherlong

Change in life is inevitable. While we can't always control what happens, we can control how we choose to respond to it. What we tell ourselves about change will have a large impact on our feelings and behaviors. During this webinar, we'll demonstrate techniques for successfully navigating change and using it as an opportunity for learning and growth.

April

Empathy on Empty: Compassion Fatigue

Presented by: Jamie Hansen

Even the most empathic person can become so overwhelmed by the chronic stress associated with caregiving that negative attitudes start to take over. This concept, known as compassion fatigue, is particularly common among those in helping professions. During this webinar, we'll explore the root causes and symptoms of compassion fatigue as well as provide strategies for overcoming it.

May

Addressing the Elephant in the Room: Grief, Illness and Family Care-Giving

Presented by: Rachel Kodanaz

Most company's scramble when they receive the most dreaded news that an employee has passed away, the CEO has been diagnosed with cancer, or an employee's family member has experienced a significant loss or setback. While companies believe they have policies and procedures implemented to manage the situation, the real challenge is the day-to-day interaction with the employee or work group as the needs are personal and no two situations are the same. This webinar will provide everyone with practical advice for how to communicate, manage the situation, request the support needed to balance work with home life and provide guidance for co-workers to support and understand the challenges of both the employee and the employer.

June

How to Talk to Your Partner About Money

Presented by: Eva Churchill

Money can be one of the most challenging issues in many relationships. But it doesn't have to be. Understanding why and how these conversations are sometimes stressful is the first step to shifting the dynamic. In this webinar, we'll

discuss why money can be such a problematic issue and ways to approach the topic with a fresh perspective. We'll offer practical strategies to have productive, connected conversations about money going forward.

July

Working it Out in the Workplace

Presented by: Nicole Narvaez Manns

Most of us spend more than half of our waking hours at work. And a huge part of our satisfaction and productivity depends on the strength of our interpersonal relationships. Both for your own personal success and the success of the organization, it's essential to create and maintain positive relationships. During this webinar, we'll explore common challenges and provide you with steps for navigating them.

August

As Our Parents Age

Presented by: Jamie Kistler

Aging is part of life. Preparing to care for the changing needs of an aging parent though, may not be easy or simple. Sometimes we need help identifying what kind of assistance or understanding a parent might need. We may have trouble altering our expectations or exploring how to help our parents make adjustments. Whether it is regarding household chores or duties, financial assistance or dealing with family conflicts, there are ways to age flexibly and with more ease. In this webinar we will discuss: the stages of aging and how to assess a parent's needs at each stage, how to initiate and have difficult family conversations, finding support solutions for emotional, financial, social and health problems, and balancing self-care with caregiver responsibilities.

September

Navigating Divorce

Presented by: Cheryl Mirabella

Whether you're considering a divorce, or it has already been initiated, this webinar will provide the tools you need to navigate the process with the least amount of stress and conflict possible. In addition to concrete tips and supportive resources, we will explore areas including: effective communication, navigating the logistical and emotional aspects of divorce, understanding and managing stages of grief, building resilience, and planning for the next chapter. While divorce is almost always difficult to go through, you can come out of it feeling stronger and more self-aware than before. Regardless of where you are in the process, this dynamic session will empower you with information, tools, and resources to support you during and after your divorce.

October

Managing Your Finances Paycheck to Paycheck

Presented by: Beth Marshall

Are you tired of scrambling for cash a few days before your next paycheck? Do you have money set aside for emergencies? Are you working on major financial goals like paying for your children's college education or your retirement? Join us for this very practical and actionable webinar on budgeting. Learn how to create your budget, set financial goals, and then find the money to fund them.

November

Mindset for Success

Presented by: Shanti Douglas

Mindset has a huge influence on many areas of life, including physical and emotional wellbeing, relationships, and personal and professional success. Regardless of whether we've identified as an optimist or pessimist in the past, we all have the ability to harness a mindset that allows us to deal with challenging events more effectively, turn "failures" into growth opportunities, and experience a greater sense of contentment. You will leave this webinar armed with strategies for making simple shifts in thinking that can lead to great change.

December

Deep Relaxation for Better Sleep

Presented by: Rick Clerici

In this webinar, we will focus on mind/body relaxation, one of the most important factors in falling asleep, staying asleep and getting restorative sleep. Attendees will learn daytime relaxation exercises, instant momentary relaxation exercises and techniques for relaxing into sleep and back into sleep from nighttime awakenings. There is an emphasis on the positive changes that can be made during the 16 hours of wake that will improve sleep quality. A guided relaxation exercise teaches techniques for initiating sleep and returning to sleep. Your presenter Rick Clerici, Certified Clinical Sleep Educator and Behavioral Sleep Therapist works with universities, hospitals and corporations raising awareness about the importance of sleep and helping employee populations improve their sleep quality.