

2025 Webinars

Webinars begin at 1:00 pm CT and are 45 minutes long. They are recorded and posted to the member website within 5 – 7 business days.

JANUARY

January 8

Recharge your mental wellbeing

- Describe mental wellbeing and why it matters
- Learn strategies to improve your outlook
- Practice simple techniques to boost overall positivity

FEBRUARY

February 12

Manage stress in uncertain times

- Define key stressors and reactions to challenging situations
- Learn strategies to maintain emotional balance and resilience
- Discuss techniques to navigate difficult conversations

MARCH

Members—March 12

Prioritize sleep to boost your wellbeing

- Describe the critical role sleep plays in mental and physical health
- Identify signs and symptoms of poor sleep
- Explain simple ways to improve bedtime routines

Managers—March 26

Thrive at work: A guide to wellbeing for leader

- Describe key aspects of wellbeing and their impact on leadership effectiveness
- Discover ways to integrate wellness practices into your daily routine
- Learn how to support and promote wellbeing within your team

APRIL

April 9

Support loved ones with mental health concerns

- Recognize common signs of mental health challenges
- Learn tips to provide meaningful support to loved ones
- Discover valuable resources

MAY

May 14

Recognize the influence of artificial intelligence and social media on mental health

- Define artificial intelligence and how it affects social media
- Learn the signs of technology overuse and its effect on mental health
- Discover strategies to create a healthier relationship with technology

JUNE

Members—June 11

Foster healthy relationships by setting appropriate boundaries

- Understand the hows, whys and whens to set boundaries
- Explain communication styles and when they are appropriate
- Develop practical skills to confidently express your needs and limits

Managers—June 25

Lead with balance to achieve work-life harmony

- Define work-life satisfaction and its impact on leaders and teams
- Develop strategies to balance work and personal responsibilities
- Learn how to foster a team culture of work-life harmony

JULY

July 9

Embrace self-compassion

- Define components of self-compassion
- Learn practical ways to incorporate these components into your daily life
- Practice a self-compassion exercise

AUGUST

August 13

Set goals to overcome self-doubt

- Describe the importance of goal setting and its impact on self-confidence
- Learn how to set clear, achievable goals
- Identify how to overcome obstacles

SEPTEMBER

Members—September 10

Understand and address bullying

- Recognize signs of bullying at work, school and online
- Discover effective strategies to address and stop bullying
- Identify ways to support individuals experiencing bullying

Managers—September 24

Build a positive workplace culture

- Define civility and how it impacts the workplace
- Discuss how to practice and promote civility on your team
- List additional resources to support a respectful environment

OCTOBER

October 8

Navigate complex economic times

- Define economic and market dynamics
- Discuss risk tolerance and budget impacts
- Learn how to find an investment professional and prioritize spending and saving.

NOVEMBER

November 12

Overcome challenges of dual caregiving

- Identify common caregiving stressors
- Explore effective ways to balance the demands of caring for both children and elderly loved ones
- Describe self-care techniques to prevent burnout

DECEMBER

Members—December 10

Simplify your life to calm your mind

- Define how taking on too much causes mental and physical clutter
- Develop decluttering strategies for peace of mind
- Apply mindfulness techniques to reduce mental overload

Managers—December 3

Master emotional regulation to be a more effective leader

- Describe emotional regulation and why it's important for leaders
- Develop self-regulation strategies to maintain composure
- Explore techniques to stay calm and positive in challenging situations