

2020 pre-recorded webinars

Part of your Employee Assistance Program (EAP)

Are you looking to grow personally and professionally? We've got your back. Your Employee Assistance Program (EAP) offers quick, cost-free webinars designed to help you become your best self at work and home. The live and pre-recorded events are available on ndbh.com. Just use your company login code and start growing today.

JANUARY | Mindful Meal Planning

Most of us would like to eat healthier, but cost can be a major deterrent. By investing a small amount of time and effort in mindful meal planning, you can easily save 30 percent on your family's food bill. In this fun and informative workshop, you will learn how the simple strategies of meal planning can save them time, stress, and money when it comes eating healthy.

FEBRUARY | Understanding Forgiveness

Internalizing anger, resentment and grudges creates a negative impact on wellbeing. While many of us want to release negative feelings towards others, we struggle with how to do it. Forgiveness doesn't mean giving someone a pass. Forgiveness means releasing yourself. In this webinar, we'll discuss how holding onto anger hurts us, how anger and resentment manifest in our minds and bodies and how to take concrete steps towards lasting forgiveness.

MARCH | How to Have a Professional and Respectful Workplace

In any work setting, unprofessional, disrespectful and disruptive behavior creates an environment of negativity at the workplace which impacts morale, productivity and job satisfaction. Everyone must establish professional respectful relationships with colleagues and supervisors. In this webinar, we will focus on what it means to be a professional and address negative behaviors.

APRIL | Birth Order: Behavioral Traits that Affect Your Life and Work

You may have heard the long-held theory that birth order has an impact on who we are as an adult. Studies have indicated there is a great deal of truth to that theory. In this webinar, you will learn how our birth order affects our behavioral style, how it affects us at work and how it affects our relationships. We will share tools to help you interact with friends, family and colleagues based on their birth order.

MAY | Identity Theft: What Can You Do About It?

Identity theft is the fastest growing crime in America. Over 15 million consumers were victims of identity theft or fraud in 2017. The average fraud amount per victim was \$1,038. In this webinar, you will learn what identity theft is and how to prevent it. Learn the red flags. And know what to do if it happens to you.

JUNE | We All Matter: Diversity in the Workplace

In today's workplace, employers have a large pool of talent to select from when hiring. But this variety brings unique challenges of its own when it comes to creating an equal opportunity workplace. This includes hiring people from all walks of life: different races, religions, languages, lifestyles and many other unique characteristics. For your organization to succeed, everyone needs to be on the same page and working towards the same goal.

Together is the way forward.

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JULY | The Sandwich Generation: Multi-Generational Caregiving

Are you taking care of your children and your parents? Many middle-aged people find themselves caring for both ends of the age spectrum - helping both their children and their parents navigate finances, social lives and changes in capacity for independence. This kind of caretaking can cause burnout and exhaustion. This webinar will review the phenomenon of the sandwich generation and how we can better manage the needs of our changing families. You'll learn how to have productive conversations with aging parents about their needs, ways to troubleshoot burn out as a caregiver and how to keep your own family running smoothly.

AUGUST | Stay Motivated: Tips for Leveraging Your Super Power

It's easy enough to set a goal. But when it comes to habit changes like improving your diet, exercising more or trying harder to meet new people, sustaining change can feel impossible. This webinar will teach the three-part theory of human motivation. You'll identify your motivational style (e.g. your super power!) and learn strategies that will keep you motivated so you can achieve any goal.

SEPTEMBER | Fixing Our Broken Sleep

In this webinar, you will learn techniques for overcoming common sleep problems like "trouble falling asleep," "difficulty staying asleep," "excessive thinking," "waking too early," "Sunday night insomnia," "chronic insomnia," "shift-work difficulties" and "daytime sleepiness." You will hear about the latest population studies and the latest scientific discoveries of the foundational relationship between sleep and all areas of health. This hands-on presentation has helped many people to begin getting better sleep almost immediately.

OCTOBER | Saving for the Future

Many people do not have a healthy level of savings, despite knowing the importance of having money set aside for emergencies, purchases, college and retirement. In this webinar, you will learn how to utilize emotionally charged saving techniques that will motivate you to set and keep your savings goals.

NOVEMBER | Top Social Issues for Teens in Today's World

Teens have different issues to deal with today. Social media has amplified the struggles they face and many suffer from anxiety and depression. They are exposed to violence on the screen and in music. Let's not forget drugs and alcohol and peer pressure, which have been a problem for decades. Join us for a discussion about signs to look for in your teen and how to help them deal with today's pressures.

DECEMBER | Embracing Life's Challenges: The Expected and the Unexpected

Life throws you a curve ball – now what? Take charge by embracing the challenge and incorporating the setback into your daily life. Adversity in life is inevitable whether the circumstances are death, illness, divorce, job loss, financial or deployment. This webinar will provide encouragement and resources necessary to "reboot" by using thought provoking ideas and examples to guide the audience to ultimately embrace the hardship and face the future one day at a time.

Download anytime and watch at your pace!

In addition to these pre-recorded events, EAP offers monthly live webinars. Check them out on eap.ndbh.com or the separate live webinar handout. Virtual training webinars are also available 24/7/365 in the Health Resource Library of eap.ndbh.com.

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