

2020

Promotional Calendar

	THEME	ONLINE SEMINAR	DESCRIPTION
			Seminars can be found on your home page, or you can search for them by title.
JAN	Financial Goals	<i>Your Financial Checkup</i> Available on Demand Starting Jan 21st	Walk through a "financial checkup", guiding you through the necessary steps to examine your finances.
FEB	Setting Realistic Expectations	<i>Managing Workplace Stressors</i> Available on Demand Starting Feb 18th	Get information and strategies to address and manage professional stressors effectively.
MAR	Professional Development	<i>Planning for Professional Growth</i> Available on Demand Starting Mar 17th	Discuss the four stages of professional careers and get tools to develop a self-assessment plan that can lead to your career growth.
APR	Practical Parenting	<i>Effective Communication With Children</i> Available on Demand Starting Apr 21st	Learn about different communication styles and how to communicate effectively, starting in early childhood.
MAY	Accepting Aging	<i>Accepting Aging: Yourself and Others</i> Available on Demand Starting May 19th	Examine "normal" age-related changes and identify ways for you to come to terms with your own aging.
JUN	Conflict Resolution	<i>Say What You Mean the Right Way</i> Available on Demand Starting Jun 16th	Identify barriers to clear communication and discuss how to apply tips for effective communication.
JUL	Adventuring and Exploring	<i>Explore New Horizons and Expand the Mind</i> Available on Demand Starting Jul 21st	Discover the possibility and promise of seeking and exploring new horizons.
AUG	Outsource Your To-Do List	<i>Outsourcing Your To-Do List</i> Available on Demand Starting Aug 18th	Learn to outsource the more thankless chores and discover a world of potential, leading towards a happier and more fulfilling way of life.
SEP	Work and Family Balance	<i>The Secret to Work-Life Balance</i> Available on Demand Starting Sep 15th	Uncover the secret to securing a healthy work and family balance.
OCT	Mental Strength	<i>The Mental Strength Workout</i> Available on Demand Starting Oct 20th	Learn skills and strategies to exercise the power of your mind and increase your mental fortitude.
NOV	Healthy Ways to Cope with Stress	<i>Building Resilience Muscles</i> Available on Demand Starting Nov 17th	Learn resilience by understanding yourself and identifying the mental obstacles that get in your way.
DEC	Being Grateful	<i>Know Your Strengths</i> Available on Demand Starting Dec 15th	Explore how confidence and a strengths-mindset can enable you to respond more creatively to challenges.

WHATEVER YOU NEED, WE ARE HERE TO HELP.

Just call or log on to get started.

YOUR STUDENT ASSISTANCE PROGRAM

Available anytime, any day, your Student Assistance Program is a free, confidential benefit to help you balance your work, family, and personal life.

TOLL-FREE: 800-633-3353

WEBSITE: www.mygroup.com > My Portal Login > Work-Life

Username: Password: guest > Online Seminars

