

## Employee Assistance Program

### 2017 WEBINAR SCHEDULE

To register for a session please call EAP at 704.355.5021

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#### May 2017

**Name of Webinar:** "Organization, Time Management and Goal Setting"

Webinar:	9:00 - 10:00 am	Date: May 2 <sup>nd</sup>
Webinar	Noon - 1:00 pm	Date: May 10 <sup>th</sup>
Webinar	1:00 - 2:00 pm	Date: May 18 <sup>th</sup>

- Tips for organizing your home and office
  - To understand the goal setting process and how to set different types of goals
  - Learn ways to enhance your time management skill
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#### June 2017

**Name of Webinar:** "Normal Teen Behavior"

Webinar:	9:00 - 10:00 am	Date: June 6 <sup>th</sup>
Webinar:	Noon - 1:00 pm	Date: June 14 <sup>th</sup>
Webinar:	1:00 - 2:00 pm	Date: June 22 <sup>nd</sup>

- Gain insight into the latest research about the teen brain
  - Differentiate between "normal" behaviors and those that are cause for concern
  - Discover tips for staying connected to your teen
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#### July 2017

**Name of Webinar:** "Single Parenting"

Webinar:	9:00 - 10:00 am	Date: July 11 <sup>th</sup>
Webinar:	Noon - 1:00 pm	Date: July 19 <sup>st</sup>
Webinar:	1:00 - 2:00 pm	Date: July 27 <sup>th</sup>

- Understand the common worries of single parents
- Learn about different disciplinary approaches
- Learn how to take care of the needs of a single parent

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## August 2017

### Name of Webinar: "Stress Management"

Webinar:	9:00- 10:00 am	Date: August 8 <sup>th</sup>
Webinar:	Noon - 1:00 pm	Date: August 16 <sup>th</sup>
Webinar:	1:00 - 2:00 pm	Date: August 24 <sup>th</sup>

- Discuss characteristics of different personalities and how to deal with them
- Define conflict and different conflict resolution styles
- Address communication styles and health communication strategies

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## September 2017

### Name of Webinar: "Dealing with Difficult People"

Webinar:	9:00 - 10:00 am	Date: September 12 <sup>th</sup>
Webinar:	Noon - 1:00 pm	Date: September 20 <sup>th</sup>
Webinar:	1:00 - 2:00 pm	Date: September 28 <sup>th</sup>

- Discuss characteristics of different personalities & how to deal with them
- Define conflict and different conflict resolution styles
- Address communications styles and healthy communication strategies

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## October 2017

### Name of Webinar: "Surviving the Holidays"

Webinar:	9:00 - 10:00 am	Date: October 3 <sup>th</sup>
Webinar:	Noon - 1:00 pm	Date: October 11 <sup>th</sup>
Webinar:	1:00 - 2:00 pm	Date: October 19 <sup>th</sup>

- Define stress and understand your sources of stress
- Organize your day to maintain energy through strategic breaks and time-shifting
- Separate from work and expand your fun quotient
- Use your left brain/right brain dominance more effectively

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## November 2017

### Name of Webinar: "Releasing Anger"

Webinar:	9:00 - 10:00 am	Date: November 7 <sup>th</sup>
Webinar:	Noon - 1:00 pm	Date: November 15 <sup>th</sup>
Webinar:	1:00 - 2:00 pm	Date: November 30 <sup>th</sup>

- Define the symptoms and sources of stress in your life
- Assess your tools for coping with stress
- Learn ways to develop your resilience and optimism

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## December 2017

### Name of Webinar: "Stress Management"

Webinar:	9:00 - 10:00 am	Date: December 5 <sup>th</sup>
Webinar:	Noon - 1:00 pm	Date: December 13 <sup>th</sup>
Webinar:	1:00 - 2:00 pm	Date: December 21 <sup>st</sup>

- Discuss characteristics of different personalities and how to deal with them
- Define conflict and different conflict resolution styles
- Address communication styles and health communication strategies

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