

# 2024 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. Webinars are available on [eap.ndbh.com](http://eap.ndbh.com). Use your company login code and start growing today. New webinars are available the first day of each month.

### **JANUARY | Staying Healthy as You Age**

Preparing to age healthy starts at a young age. The recent view on aging has become "it's a matter of mind" and it's all about how you feel! With longevity, we are seeing more chronic disease and conditions. Naturally, genetic makeup plays a part in the aging process too. However, adopting healthy habits and behaviors will contribute to a productive and meaningful life as you age. Learn how perception, nutrition and lifestyle play key roles in healthy aging. The goal is to enjoy the golden years, start here when you participate in this session.

### **FEBRUARY | Painless Estate Planning**

Less than half of Americans have a will, but everyone needs one. Join us to learn the simple steps you need to take to create a basic estate plan. We will cover the few basic documents that can save you and your family loads of aggravation and unnecessary expense.

### **MARCH | Bullying: Awareness and Effective Response**

This training will cover three key areas: Bring awareness of bullying in both the workplace and schools through identifying the signs and behavior; discuss the negative impact and effects; introduce strategies and steps to combat and prevent bullying. We will discuss: the characteristics of bullies, typical characteristics of targets, characteristics and responsibilities of bystanders, recognizing the signs of a child who has been bullied, kinds and motivations of bullying, and how to prevent bullying.

### **APRIL | Helping You and Your Child Adjust to Divorce**

It's no surprise that the breakup of your marriage is tough on your child no matter their age. Supporting them as they react to your divorce, while also managing your own feelings, can be challenging. In this session, you will learn how to lend comfort – not confusion – to an already difficult situation and manage your own feelings and anxiety. We will discuss how to adjust to new living situations and communicate with your ex-partner. The concrete tools, strategies, and supportive resources you'll gain during this session will help both you and your child to thrive throughout the divorce process and beyond.

### **MAY | Living With Loss One Day at a Time, at Home and at Work**

After losing someone you care about, your life can feel like it is no longer your own. The best way to find the courage, perseverance, and desire to rebuild and redefine your new life is living with the loss. Emotional recovery is not accomplished by checking off items on a list but by establishing a new relationship with your loved ones and the people around you, both at work and at home. This session will provide you with ideas and tools to interact with others, how to find passion and purpose, and how to rebuild your future.

### **JUNE | Procrastination: Getting & Staying Motivated**

Everyone procrastinates. Sometimes a little procrastination is fine - normal, even. But sometimes we get stuck. How do we get unstuck? This seminar will discuss ways to recognize our own patterns. Procrastination doesn't have to be a chronic problem. We'll discuss both the causes of and solutions to our patterns and ways to get motivated!

Take your first step and call today.



[eap.ndbh.com](http://eap.ndbh.com)

Code:

800-624-5544

### **JULY | Household and Individual Budgeting**

This webinar will help enlighten & clarify how we manage our money, budget daily or annually. We will review key principles, the importance of living within our means, the value of a budget and creating a safety and security account. In this session we will explore beliefs and mis-perceptions, the simple money principle and ways to manage and improve cash on hand.

### **AUGUST | Did you Hear Me? Active Listening as a Key to Success**

You know the feeling – someone is talking to you, and you're already formulating what you're going to say in response. Or perhaps you heard the words they said but not the deeper meaning behind them. Miscommunication can lead to all sorts of problems and is one of the biggest challenges in relationships. During this fun and fast-paced session, we'll provide you with some tweaks and tips for active listening that will help you to thrive at work and in your personal life.

### **SEPTEMBER | Putting Out The Fire: Preventing and Managing Burnout**

Contemporary professional demands not only cause stress, but chronic stress. Stress contributes to the development of myriad physical and mental health conditions including (but not limited to) hypertension, diabetes, depression and anxiety. Research suggests that up to two-thirds of American employees experience some degree of burnout. Burnout impacts productivity, morale and financial bottom line due to the health-related costs of burnout.

### **OCTOBER | Investing 101**

Do you want to invest but don't know where to get started? This webinar will help you to understand what investing is, what it means, and how the "miracle" of compounding works. It will also cover some of the building blocks of investing and provide some insights into techniques with the goal of helping you think about which investing strategies are right for you.

### **NOVEMBER | Practicing Gratitude to Boost Your Happiness**

Gratitude is the extremely powerful quality of being thankful that can change your life for the better. If you're looking to bring more happiness into your life, then practicing gratitude is your answer. Gratitude opens your heart and your mind allowing you to feel more present, generous, thankful, empathetic, kind, patient, positive and more aware of the beauty that surrounds you.

### **DECEMBER | Strategies for Stress Relief**

Everyone is stressed. The responsibilities of modern living can be overwhelming. But is it really possible to learn techniques and strategies to manage and relieve stress? Yes! In this seminar, we will talk about the symptoms of stress, how they manifest in day-to-day life and ways to effectively manage stress. The goal of this seminar is to help every participant develop willingness to employ at least one new strategy towards feeling less stressed.

### **How to sign up**

1. Visit [eap.ndbh.com](http://eap.ndbh.com)
2. Enter your company code
3. Scroll down to the **Check Out Our Webinars** box
4. Click **View All Webinars**
5. Click **View Pre-recorded Webinars**, and choose a video

### **Questions?**

Connect with your EAP customer success manager, HR department or 800-624-5544.

## **Download anytime and watch at your pace!**

In addition to these pre-recorded events, your EAP offers monthly live webinars. Check them out on [eap.ndbh.com](http://eap.ndbh.com). Virtual training webinars are also available 24/7/365 in the Health Resource Library of [eap.ndbh.com](http://eap.ndbh.com).

**Take your first step and call today.**



**eap.ndbh.com**  
**Code:**  
**800-624-5544**