

2022 pre-recorded webinars

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JANUARY | Achieving Harmony: How to Maintain a Healthy Work/Life Balance

In an effort to "have and do it all," many people feel stressed by the demands of both home and work and feel challenged to maintain balance. Higher stress levels lead to compromised physical and emotional wellbeing, as well as lost time at work and lower productivity. By raising our awareness and consistently utilizing simple strategies, better balance is possible! In this webinar you will learn how to: recognize the signs of poor work life balance, create manageable work and personal goals, plan your time productively, including breaks and distinguish when you need support and how to get it.

FEBRUARY | Family Ties

In this day and age when everyone is plugged in – how are members of the family, especially the children, being affected? Connecting as a family on all levels is key to how children behave in social settings and later in life. Communication skills, dealing with life issues and how they conduct themselves is a learned behavior from parents and other family members.

MARCH | Riding the Waves of Change

Change in life is inevitable. While we can't always control what happens, we can control how we choose to respond to it. What we tell ourselves about change will have a large impact on our feelings and behaviors. During this webinar, we'll demonstrate techniques for successfully navigating change and using it as an opportunity for learning and growth.

APRIL | Empathy on Empty: Compassion Fatigue

Even the most empathic person can become so overwhelmed by the chronic stress associated with caregiving that negative attitudes start to take over. This concept, known as compassion fatigue, is particularly common among those in helping professions. During this webinar, we'll explore the root causes and symptoms of compassion fatigue as well as provide strategies for overcoming it.

MAY | Addressing the Elephant in the Room: Grief, Illness and Family Care-Giving

While companies believe they have policies and procedures implemented to manage difficult employee situations, the real challenge is the day-to-day interaction with the employee or work group as the needs are personal and no two situations are the same. This webinar will provide everyone with practical advice for how to communicate, manage the situation, request the support needed to balance work with home life and provide guidance for co-workers to support and understand the challenges of both the employee and the employer.

JUNE | How to Talk to Your Partner About Money

Money can be one of the most challenging issues in many relationships. But it doesn't have to be. Understanding why and how these conversations are sometimes stressful is the first step to shifting the dynamic. In this webinar, we'll discuss why money can be such a problematic issue and ways to approach the topic with a fresh perspective. We'll offer practical strategies to have productive, connected conversations about money going forward.

Take your first step and call today.

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Code:
800-624-5544

JULY | Working it Out in the Workplace

Most of us spend more than half of our waking hours at work. And a huge part of our satisfaction and productivity depends on the strength of our interpersonal relationships. Both for your own personal success and the success of the organization, it's essential to create and maintain positive relationships. During this webinar, we'll explore common challenges and provide you with steps for navigating them.

AUGUST | As Our Parents Age

Aging is part of life. Preparing to care for the changing needs of an aging parent though, may not be easy or simple. Sometimes we need help identifying what kind of assistance or understanding a parent might need. We may have trouble altering our expectations or exploring how to help our parents make adjustments. Whether it is regarding household chores or duties, financial assistance or dealing with family conflicts, there are ways to age flexibly and with more ease. In this webinar we will discuss: the stages of aging and how to assess a parent's needs at each stage, how to initiate and have difficult family conversations, finding support solutions for emotional, financial, social and health problems and balancing self-care with caregiver responsibilities.

SEPTEMBER | Navigating Divorce

Whether you're considering a divorce, or it has already been initiated, this webinar will provide the tools you need to navigate the process with the least amount of stress and conflict possible. In addition to concrete tips and supportive resources, we will explore areas including: effective communication, navigating the logistical and emotional aspects of divorce, understanding and managing stages of grief, building resilience and planning for the next chapter. While divorce is almost always difficult to go through, you can come out of it feeling stronger and more self-aware than before. Regardless of where you are in the process, this dynamic session will empower you with information, tools and resources to support you during and after your divorce.

OCTOBER | Managing Your Finances Paycheck to Paycheck

Are you tired of scrambling for cash a few days before your next paycheck? Do you have money set aside for emergencies? Are you working on major financial goals like paying for your children's college education or your retirement? Join us for this very practical and actionable webinar on budgeting. Learn how to create your budget, set financial goals and then find the money to fund them.

NOVEMBER | Mindset for Success

Mindset has a huge influence on many areas of life, including physical and emotional wellbeing, relationships and personal and professional success. Regardless of whether we've identified as an optimist or pessimist in the past, we all have the ability to harness a mindset that allows us to deal with challenging events more effectively, turn "failures" into growth opportunities and experience a greater sense of contentment. You will leave this webinar armed with strategies for making simple shifts in thinking that can lead to great change.

DECEMBER | Deep Relaxation for Better Sleep

In this webinar, we will focus on mind/body relaxation, one of the most important factors in falling asleep, staying asleep and getting restorative sleep. Attendees will learn daytime relaxation exercises, instant momentary relaxation exercises and techniques for relaxing into sleep and back into sleep from night time awakenings. There is an emphasis on the positive changes that can be made during the 16 hours of wake that will improve sleep quality.

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. Virtual training webinars are also available 24/7/365 in the Health Resource Library of eap.ndbh.com.

How to sign up

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Questions?

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