



# Free live webinars

## Part of your Employee Assistance Program (EAP)

2020 SCHEDULE

Learning can boost self-confidence, build purpose and help connect you with others. But finding the time for personal and professional development can be tough. Your Employee Assistance Program (EAP) makes this easier by offering chances to grow your mindset each month. Live and pre-recorded webinars focus on topics that can help you feel productive and think differently about life at home or at work. Join us! They're free and fun.

**FOR ALL EMPLOYEES | 2020 Sessions at 12 PM – 1 PM & 3 PM – 4 PM ET**

### Enhancing Your Personal Safety 1/22/20

Being aware of personal safety is an important part of our survival. Our personal safety can be threatened in various ways, such as physically or financially. This training will present the four pillars of personal safety: awareness, knowledge, intuition/instincts, and strategy.

### Cultivating Happiness Within Yourself 2/19/20

Ever wonder how the principle of happiness works? Start believing that your happiness is more connected to you and your behaviors more than any other circumstances. Learn simple yet powerful tips and start learning how to cultivate happiness within yourself.

### Taking the High Road: Kindness and Civility 3/25/20

We all want to come to work and be treated with kindness and respect. A kind workplace leads to reduced stress, increase morale, and better business outcomes. Discover methods of strengthening your civility muscle to enhance your level of kindness and respect in interpersonal relationships.

### Strategies to Manage Frustration and Anger 4/22/20

Everyone has experienced frustration or anger at some point in their life. While these emotions are natural, sometimes our reactions can be unhealthy or hurtful to ourselves and others. Understand the true cost of ongoing frustration and anger, and find out how best to express these emotions.

### Fundamentals of Mental Health 5/20/20

Mental health is an integral component of overall functioning and wellness. How strong is your mental health? Learn about the fundamentals of mental health, along with proven methods for enhancing your mental health.

### The Importance of an LGBTQIA+ Inclusive Workplace 6/24/20

All employees deserve to be treated with respect, and included in the workplace. This is especially true when considering LGBTQIA+ individuals. Developing strategies to understand and respect diversity in coworkers will be addressed.

### Managing Chronic Pain 7/22/20

Those who experience chronic pain are acutely aware of the impact it has on their daily lives. People are often seeking ways to mitigate or manage their chronic pain. Develop awareness of the dynamics of chronic pain, and consider management options such as mindfulness and cognitive restructuring.

### Combating Perfectionism 8/26/20

Life can be a high-pressure environment filled with even higher expectations. While holding yourself to high expectations can lead to success and fulfillment, it can also have a negative impact in the form of perfectionism. Learn about the true nature of perfectionism, why it's so popular, and how to develop immunity to perfectionism in your life.

### Coping with Loss in Life 9/23/20

All human beings are impacted by loss and grief, which can be a scary and painful time. Understanding what you and others experience when grieving will be discussed, along with coping resources to utilize during times of loss.

### Organization for Life 10/28/20

Is your motto "organized chaos"? If you crave organization but struggle to achieve it, this training will equip you with practical tips to overhaul your organization skills.

### Waving Worry Goodbye: Strategies to Manage Anxiety 11/18/20

Anxiety can be an occasional visitor, or a long-term guest. Research shows that most anxiety is best managed with behavior intervention. This training will empower individuals to assess their personal anxiety and integrate specific behavior practices to increase relaxation and calm.

### Embracing You: The Power of Acceptance 12/16/20

We can often be the most critical of ourselves, which can impact our mental and even physical health in the long run. Accepting ourselves, others and situations encourages a healthy heart and mindset. Discover how to embrace you as you, and the value of acceptance in daily living.

Register today!

[eap.ndbh.com](http://eap.ndbh.com)  
800-624-5544

## FOR LEADERS & MANAGERS | 2020 Sessions at 12 PM – 1 PM & 3 PM – 4 PM ET

### Managing Crisis & Safety in the Workplace 1/15/20

To effectively deal with a crisis, leaders need to know how to respond correctly. Examine steps to be prepared for a crisis or safety concern. Identify strategies for responding to imminent situations.

### Supporting Your Employees' Well-Being 2/12/20

Are you supporting your employees' well-being as well as you could be? More and more companies are thinking outside the box when it comes to office culture. Attending to your employees physical, mental, and social needs in the workplace will be examined.

### Maintaining Professional Boundaries with Your Employees 3/18/20

Is it ok to be friends with your coworkers? Interpersonal relationships naturally form with the same group of coworkers over time. Establishing clear boundaries will help ensure that friendly rapport between a manager and employee doesn't cross the line of professionalism.

### Managing the Emotionally Reactive Employee 4/15/20

Sometimes an employee may lose it, and managers can be left at a loss on how to handle the situation. Having specific skills for managing the reactive employee is essential for workplace civility and safety. Empower yourself with recommended interventions for handling upset employees.

### Fostering Good Mental Health in Leaders 5/13/20

The mental wellness of a leader is an integral component of overall performance. Leaders are faced with many responsibilities, which can impact mental health. This training will equip leaders with evidenced-based strategies for fostering good mental health.

### Transgender Awareness & Sensitivity for Leaders 6/17/20

Supporting employees who are transgender is an emerging necessity in business culture. A workplace transition can be challenging if a trans employee's manager is not sure how to manage the process. Leave this training with awareness of transgender individuals and a heightened awareness of workplace inclusion and protection strategies.

### Building Strong Teams 7/15/20

It's no secret that high-performing companies have high-performing teams. How do you build such a team in your organization? Discover how feedback, ideas, and empowerment factor into building a strong team.

### Motivating Your Employees 8/19/20

Happy workers are productive workers. Luckily, motivating your employees doesn't take a lot of flare or even a lot of resources. This training will explore the key environmental factors within your control, necessary to give your employees the space to flourish.

### When Grief Comes to The Workplace 9/16/20

Grief and loss are a part of life, and therefore are sometimes a part of the workplace. Supporting your employees during times of loss and grief is essential. Enhance your awareness of loss and grief, while also discovering specific ways to support employees who are grieving.

### Essential Leadership Skills 10/21/20

Become a more versatile and skilled leader by connecting with the fundamentals of powerful leadership. Assess your current strengths and challenges with the goal of enhancing your current skillset.

### Supporting a Remote Workforce 11/11/20

With an increasing number of employees working remotely, managers are tasked with developing diversified strategies to support remote workers. Explore the characteristics and dynamics of the remote worker. Develop an appreciation for the needs of remote workers and specific support recommendations.

### Delegating for Development 12/9/20

Delegating is a critical skill for managers at any level. Supervisors that can effectively delegate can free up a great deal of their own time, help their direct reports to cultivate expertise in learning, and can develop their own leadership skills. Embrace the advantages of delegation, and learn specific methods for engaging in delegation.

## How to sign up

1. Visit [eap.ndbh.com](http://eap.ndbh.com)
2. Select **Employee Assistance Program**
3. Enter your company code: \_\_\_\_\_
4. Look for the webinar registration
5. Complete information and receive confirmation

**Questions?** Connect with your EAP account executive, HR department or [eaptraining@ndbh.com](mailto:eaptraining@ndbh.com).

## Employee Sessions

12 PM – 1 PM | 3 PM – 4 PM ET  
11 AM – 12 PM | 2 PM – 3 PM CT  
10 AM – 11 AM | 1 PM – 2 PM MT  
9 AM – 10 AM | 12 PM – 1 PM PT

## Management Sessions

12 PM – 1 PM | 3 PM – 4 PM ET  
11 AM – 12 PM | 2 PM – 3 PM CT  
10 AM – 11 AM | 1 PM – 2 PM MT  
9 AM – 10 AM | 12 PM – 1 PM PT

## Share and attend these learning opportunities!

In addition to these live webinars, [ndbh.com](http://ndbh.com) offers pre-recorded sessions on topics such as forgiveness, identity theft, diversity in the workplace, sleep, saving money, mindful meal planning and more. Virtual training events are also available 24/7/365.