

ON DEMAND AND MONTHLY WEBINARS

FOX VALLEY LABORERS

MEMBER ASSISTANCE PROGRAM

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ON DEMAND WEBINARS

Webinar Title	Webinar Description
Maintaining Personal and Fiscal Resiliency During Tough Economic Times	Learn how to develop a "stress plan" to visualize a more positive financial future. Understand the process of prioritizing your needs and exploring the full extent of your assets.
Disrupting Negative Thoughts	It's not negative thoughts themselves that are the issue; rather, it's when we believe those negative thoughts. Learn how to gain control over negative thoughts and turn them positive.
Compassion Fatigue: Increasing Resiliency	Caregivers often take on the emotions of those they help or rescue. After understanding how compassion fatigue can develop, you'll learn specific strategies to reduce stress and to develop resilience.
Raising Well-Adjusted Kids	Review the current research and science behind raising well-adjusted kids. Learn tips to foster positive mental health in the children and teens in your life.
Emotional Support: Staying Balanced in a Changing World	Change impacts all aspects of life. Every change brings a chance to self-improve or self-destruct. This session explores how people who know how to manage change have more successful lives.
Managing in a Multi-Generational Workplace	Identify the characteristics and key motivational factors of each generation. Explore commonalities and discuss differences to build strong teams while bridging the generational gap.
Bereavement: Coping with Loss	Grief and loss trigger conflicting emotions. Explore your own reactions to loss, from a death to divorce. Learn why some people are stuck in a "grief rut" as you discuss more healthy ways to grieve.

	Monthly Theme	Webinar Title	Webinar Description
SEP	TMI Find your way to the right resources.	Information Overload Available on demand starting SEP 19, 2017	Managing the enormous amount of information that is thrown at us is difficult. Understand what contributes to information overload and apply tips and tools for effectively managing information.
OCT	ENERGY BOOST An active approach to well-being	Improve Your Health with Ergonomics and Frequent Movement Available on demand starting OCT 17, 2017	Sedentary behavior is the 4th leading risk factor of death for people all over the world. Learn to incorporate frequent desk exercises and movement into your day. Additionally, learn proper ergonomic tips to help ease job stress and reduce chronic injury.
NOV	GRATITUDE ADJUSTMENT Appreciating all that is good.	The Mind-Body Connection Available on demand starting NOV 21, 2017	Keeping the body relatively calm is crucial to well-being and optimal health. Becoming aware of how your body feels when it is under stress is important to maintain a relaxed and calm state.
DEC	FUSION FORWARD Embracing a multi-cultural workplace.	Diversity in the Workplace: Maintaining an Inclusive Environment Available on demand starting DEC 19, 2017	Each member of the workforce brings unique skills, background, and experience vital to the successful organizations. A diverse workforce is a rich source of creativity and problem-solving.
JAN	FREE YOURSELF Becoming organized and clutter-free	Everything in its Place: Getting Organized Available on demand starting JAN 16, 2018	When we are not organized, we waste precious time and create chaos in our lives. Minimize the stress and maximize the tranquility that comes from putting everything in its place.
FEB	BFF Being your own best friend	Self-Care: Remaining Resilient Available on demand starting FEB 20, 2018	Learn to identify ongoing symptoms of stress and how to find a more healthy approach to the demands of work and home.
MAR	STAYING ON TRACK Budgeting and finances	Your Routine Financial Check Up Available on demand starting MAR 20, 2018	Examine your finances from a variety of perspectives and review and prioritize all of your debts as you explore your assets.