

Month	EAP Employee Webinar	EAP Manager Webinar	Work/Life (For Work/life clients only)
January	<p>Distracted? Practice Mindfulness for Better Well-being</p> <p>Are you having trouble staying in the present moment or focusing? Practicing mindfulness can help improve your concentration, memory, and overall health.</p> <p>Tuesday, Jan. 9; 3 p.m. ET</p>	<p>Mindfulness at Work: More Productivity, Less Stress</p> <p>Do you help your employees manage their mental fitness? Corporate wellness programs primarily focus on physical health, but mental fitness is an area worth exploring.</p> <p>Thursday, Jan. 11; 3 p.m. ET</p>	<p>Everything in Its Place: Getting Organized</p> <p>When we are not organized, we waste time and create chaos in our lives. Minimize the stress and maximize the tranquility that comes from putting everything in its place.</p> <p>Available on demand starting Jan. 16</p>
February	<p>Life Disrupted? Managing Change</p> <p>Change can create a sense of loss—pain, sadness, anxiety, or depression. By increasing your resilience and understanding how you cope with change, you can successfully manage and thrive through a challenging situation.</p> <p>Tuesday, Feb. 6; 3 p.m. ET</p>	<p>Leading Employees Through Life's Ups and Downs</p> <p>All organizations will have some degree of stress among their employee population—from personal events to work-related change. Managers and supervisors can help people cope with stressors to create a more productive workforce.</p> <p>Thursday, Feb. 8; 3 p.m. ET</p>	<p>Self-care: Remaining Resilient</p> <p>Learn to identify ongoing symptoms of stress and how to find a healthier approach to the demands of work and home.</p> <p>Available on demand starting Feb. 20</p>
March	<p>It's My Budget and I'm Sticking to It!</p> <p>Whether you are trying to overcome financial struggles or trying to reach financial goals, a well-planned budget may be the key to your success.</p> <p>Tuesday, March 6; 3 p.m. ET</p>	<p>Employee Engagement: How to Maximize the Productivity of Your Employees</p> <p>This webinar defines employee engagement and explains why it matters to businesses and managers. The drivers of engagement are identified as well as how to better involve employees.</p> <p>Thursday, March 6; 3 p.m. ET</p>	<p>Your Routine Financial Checkup</p> <p>Examine your finances from a variety of perspectives, and review and prioritize all of your debts as you explore your assets.</p> <p>Available on demand starting March 20</p>
April	<p>Caregivers: Taking Care of Yourself</p> <p>Caregiving can be gratifying, but it can also be stressful. Therefore, it is important for a caregiver to take steps to ensure his own health and well-being.</p> <p>Tuesday, April 10; 3 p.m. ET</p>	<p>Supporting the Caregivers in Your Workforce</p> <p>Find out how managers and supervisors can help and support employees with caregiver responsibilities.</p> <p>Thursday, April 12; 3 p.m. ET</p>	<p>Maintaining Respect and Civility in the Workplace</p> <p>Identify methods to assertively address inappropriate conduct within the workplace to promote a healthy work environment.</p> <p>Available on demand starting April 17</p>

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May	<p>The Hidden Dangers of Prescription Drug Use</p> <p>Misusing prescription drugs, such as opioids, central nervous system depressants, and stimulants can cause serious negative health consequences.</p> <p>Tuesday, May 8; 3 p.m. ET</p>	<p>Prescription Drug Use Is a Workplace Problem</p> <p>Substance use among employees has tremendous effects on the workplace, including increased absenteeism, turnover, and workplace accidents.</p> <p>Thursday, May 10; 3 p.m. ET</p>	<p>DIY: Apps and Guides for Household Management</p> <p>Get a helpful overview of key household management items, as well as links to guides and apps to help you keep track of it all.</p> <p>Available on demand starting May 15</p>
June	<p>The Pillars of Health: Nurture a Healthy Mind, Body, and Soul</p> <p>Keeping your pillars of health in balance can help you achieve optimal health.</p> <p>Tuesday, June 5; 3 p.m. ET</p>	<p>Developing a Culture of Good Health</p> <p>Promoting the good health of employees goes a long way in establishing a productive, friendly work environment.</p> <p>Thursday, June 7; 3 p.m. ET</p>	<p>Improve Your Health With Proper Ergonomics and Frequent Movement</p> <p>Research has found that a sedentary lifestyle is just as or more harmful than smoking. But we can impact this by incorporating frequent movement into our lives.</p> <p>Available on demand starting June 19</p>
July	<p>Take a Break from Technology</p> <p>Are you constantly checking your phone? There are many health benefits to going on a “digital diet.”</p> <p>Tuesday, July 10; 3 p.m. ET</p>	<p>Promoting Mental Fitness at Work</p> <p>Corporate wellness programs primarily focus on physical health, but mental fitness is an area worth exploring.</p> <p>Thursday, July 12; 3 p.m. ET</p>	<p>Eating Your Way to Wellness</p> <p>This session focuses on the USDA’s MyPlate eating guide with tips and resources on how to eat your way to better and long-lasting health.</p> <p>Available on demand starting July 17</p>
August	<p>Parting Ways: Making Healthy Separations at Home or at Work</p> <p>Change can cause a variety of emotions. However, there are strategies one can use to effectively handle change and continue living life to the fullest.</p> <p>Tuesday, Aug. 7; 3 p.m. ET</p>	<p>Helping Employees Reduce Work/Life Conflict for Greater Productivity</p> <p>Helping employees maintain work/life balance is not only vital to the success of an organization, but to the overall health and well-being of your employees.</p> <p>Thursday, Aug. 9; 3 p.m. ET</p>	<p>Technology and Keeping Your Kids Safe</p> <p>This webinar touches on the risks facing children online. You’ll learn helpful tips, from where to place the computer in the home to available computer monitoring programs.</p> <p>Available on demand starting Aug. 21</p>
September	<p>Improve Your Health: Make a Positive Change!</p> <p>Considering changing a bad habit, an addiction, or lifestyle behavior? Knowing where you are in the change process enhances your chance of success.</p> <p>Tuesday, Sept. 11; 3 p.m. ET</p>	<p>Managing for Top Performance</p> <p>Are you looking to improve your leadership skills? Being an effective manager takes more than a high IQ or years of work experience. It takes a high level of emotional intelligence as well.</p> <p>Thursday, Sept. 13; 3 p.m. ET</p>	<p>Creating a Personal Development Plan</p> <p>Participate in this session to understand effective goal setting and to identify potential obstacles that can create barriers to reaching your goals.</p> <p>Available on demand starting Sept. 18</p>



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October	<p>Preventing and Reducing Anxiety</p> <p>Occasionally experiencing anxiety and worry is normal. However, when anxiety is sustained over time, this normally helpful emotion can become destructive and prevent you from performing your best.</p> <p>Available Oct. 1-31, 2018</p>	<p>The Power of Positive Management</p> <p>Positive management involves leading employees from a position of strength and looking for the best in employees.</p> <p>Available Oct. 1-31, 2018</p>	<p>A Personal Guide to Building Resiliency and Coping With Change</p> <p>It's not what happens to us but how we respond to what is happening to us. This webinar will empower you to become more resilient.</p> <p>Available on demand starting Oct. 16</p>
November	<p>Healthy Eating and Stress Management</p> <p>How does stress affect your food choices? Many people seek out emotional eating to self-medicate or to numb the negative experience of stress.</p> <p>Tuesday, Nov. 6; 3 p.m. ET</p>	<p>Finding Peace During the Holidays</p> <p>Managers can implement strategies to decrease holiday stress and help employees remain productive and motivated.</p> <p>Thursday, Nov. 8; 3 p.m. ET</p>	<p>Caring for Aging Relatives</p> <p>Older relatives may require more care than family or neighbors can provide. This webinar is a first step to determine what kind of care is needed.</p> <p>Available on demand starting Nov. 20</p>
December	<p>Feeling Relationship Strain? Get Close Again</p> <p>We see couples who have been happily together for decades. What is their secret? Learn ways to enhance and rebuild intimacy.</p> <p>Tuesday, Dec. 11; 3 p.m. ET</p>	<p>Enhance Your Leadership Skills by Managing With Intention</p> <p>As a manager, your words and actions have an enormous impact on your employees. By developing specific leadership skills, you may see the performance and productivity of your team improve.</p> <p>Thursday, Dec. 13; 3 p.m. ET</p>	<p>Say What You Mean the Right Way: Healthy Forms of Communication</p> <p>There are many ways to communicate how you feel to the people in your life. Explore how you can use communication to strengthen your relationships.</p> <p>Available on demand starting Dec. 18</p>

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