

# Profile EAP Webinars for September



## Developing Your Behavioral/Emotional Immune System

**Friday, September 4<sup>th</sup>**

**Monday, September 14<sup>th</sup>**

**9:00 - 10:00 am (MDT)**

**12:00 - 1:00 pm (MDT)**

Just like the body develops immunity to the germs it encounters in our world, we can develop “immunities” to the stressors in our lives. We can utilize protective factors to “build up” our ability to withstand the pressures we face and emerge even stronger.

## When Will This Be Over? Self-care and Thriving During Ongoing Chronic Stress

**Wednesday, September 9<sup>th</sup> and 30<sup>th</sup>**

**12:30 - 1:15 pm (MDT)**

During the pandemic, many of us have experienced unprecedented levels of long-term stress and uncertainty. How do we care for ourselves and others when we are not just managing acute stress, but now, chronic stress? What does self-care and sustainability look like long-term? How can we make it through the marathon? Our approaches must change when managing chronic stress. This webinar addresses these questions and discusses solutions to take care of ourselves and others.

## How to Help When Others Feel Life is Too Painful

**Thursday, September 10<sup>th</sup> and 24<sup>th</sup>**

**9:00 - 9:45 am (MDT)**

September is national “Suicide Prevention” month. In this seminar, we will discuss the basics of understanding suicide, signs and symptoms to be aware of, myths about suicide, and resources for support.

## Dealing With Difficult Customers

**Friday, September 11<sup>th</sup>**

**8:00 – 9:00 am (MDT)**

Sometimes, customers can be aggressive, hostile and even downright rude. How should we handle these tense situations and diffuse them? This workshop will discuss ways to remain safe and professional while dealing with challenging customers.

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## Empower Yourself

Tuesday, September 15<sup>th</sup> and 22<sup>nd</sup>

12:00 – 12:30 pm (MDT)

In this solution-focused webinar, we will explore self-empowerment and how we can feel more resilient overall! We will define what it is, review the 5 dimensions of self-empowerment, and look at ways to improve our direction and focus.

## Parenting Ideas for Positive Interactions

Wednesday, September 23<sup>rd</sup>

12:00 – 1:00 pm (MDT)

Monday, September 28<sup>th</sup>

Parenting can be a challenge even during ideal circumstances. In this webinar, we will explore simple ideas for parenting with confident communication, setting healthy boundaries with kids, and managing difficult emotions.

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