

Profile EAP Webinars for January 2021

[New Year, New You](#)

Friday, January 8th

12:00 - 1:00pm MT

Early in the New Year, many people have health goals they set and aspire to reach. However, most of us will eventually lose motivation to meet these goals. Why is that? This seminar will explore motivation and how we can ENJOY our healthy changes, rather than endure them.

[There's an App for That! Using Apps for Health and Well-Being](#)

Tuesday, January 12th

9:00 - 9:45am MT

We live in a remarkable time where hand-held technology can be utilized to increase health and well-being. Can't sleep? Feeling stressed or anxious? There's an app for that! In this seminar, we will review some apps that help us function more effectively at home and work.

[Got Happiness? What Science is Telling Us About Real Happiness](#)

Thursday, January 14th

12:00 - 1:00pm MT

Discover research from Positive Psychology on what happiness really is, what it isn't and how we can be happier no matter what life throws our way.

[Managing Expectations at Work](#)

Wednesday, January 20th

12:00 – 1:00pm MT

Sometimes, people or situations don't meet our expectations and we feel frustrated or disappointed. Learn ways to evaluate expectations and how we can feel happier as we align our expectations with reality.



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[“All by Myself...” Staying Connected During COVID](#)

Friday, January 22nd

12:00 - 12:30pm MT

This webinar will discuss how we can continue to stay connected with others and move away from loneliness during this time of “physical distancing.”

[“Change is the Only Thing that Stays the Same:” Change Management in Times of Uncertainty](#)

Wednesday, January 27th

8:30 - 9:30am MT

Some people don't like change. Others are energized by it. How do we navigate uncertain times and stay centered? How can we move forward without knowing exactly where we are going? This webinar will discuss how we can go through change and maintain our sense of well-being.

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