

# Profile EAP Webinars for February 2021

## [Developing Your Emotional/Behavioral Immune System](#)

Wednesday, Feb. 3

8:30 - 9:30 am 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.

## [Leading Through Crisis](#)

Wednesday, Feb 10

12:00 - 12:30 pm MT

During unprecedented times with COVID, racial injustice awareness, financial downturn, major fires impacting air quality, and schooling issues, what do employees need? How can we lead effectively during times of crisis and change? How can we support our employees and “get the job done” even when there are challenges all around?

## [New Approaches to Coping with Loss](#)

Tuesday, Feb. 16

12:00 – 1:00 pm MT

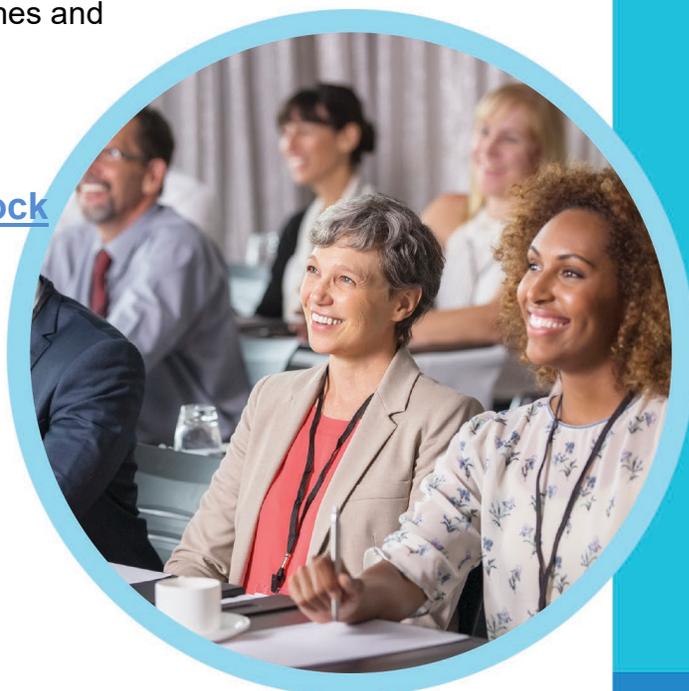
Everyone experiences grief and loss in life. We will explore common experiences of grief and loss as well as new approaches and strategies for coping.

## [Moving Past an Impasse: Communicating Effectively When There Seems to Be Gridlock](#)

Monday, Feb. 22

12:00 – 1:00 pm MT

Sometimes, we have strong feeling and beliefs that can seemingly be incompatible with others. Whether in the workplace, at home or in our communities, we can learn how to manage an apparent impasse and overcome gridlock.



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## Turning Burnout into Engagement

Thursday, Feb 25

12:00 - 12:30 pm MT

After long periods of stress and burnout, how do we re-engage with our work and our purpose with energy. This webinar will explore some ideas for coming out of burnout and finding new ways of doing our work with renewed focus.

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