

Profile EAP Webinars for October 2021

Surviving and Thriving During the Holidays

Friday, October 1st

12:00-1:00PM MT

Presented by Nancy Catayas, LCSW

This seminar explores strategies to reduce holiday stress and increase enjoyment during seasons of high expectations. Learn how to adjust expectations and appreciate the holidays we celebrate in a more mindful manner.



Managing Stress, Anxiety and Impatience

Tuesday, October 5th

9:00 - 10:00AM MT

Presented by Sue Garcia, LPC

This webinar explores the causes of stress, anxiety and resulting impatience, especially around COVID-19 and ongoing challenges in 2021. We will discuss the effect it has on us and provide useful tools and techniques to help manage these emotions.

"I don't want to go to school" – Helping your Adolescent overcome school-related barriers

Thursday, October 14th

12:00 – 1:00PM MT

Presented by Anna Ferguson, LCSW

Has your teen been struggling with motivation or been resistant towards going to school? Come and explore strategies and skills that can be helpful in helping your teen change their mindset and decrease your stressors along the way.



Turning Down Your Worry Brain

Wednesday, October 20th

9:00 – 10:00 AM MT

Presented by Ashley Manson, LPC

Sometimes the thoughts in our heads can be louder than we would like, making it difficult to function. Some of these thoughts are riddled with worry, self-doubt, and the desire to avoid. Learn strategies to turn down the volume on your "Worry Brain" and tune into your Smart Brain. We will cover the history of anxiety and how it has saved us. We will focus on how to assess your worries accurately, how to challenge your thoughts, and practical steps on how to face your fears.



Developing Your Emotional/Behavioral Immune System

Tuesday, October 26th

9:00-10:00 AM MT

Presented by Nancy Catayas, LCSW

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

To Register go to:

www.ProfileEAP.org

The screenshot shows the Profile EAP website interface. At the top left, there are language options: "ESPAÑOL" and "FRANÇAIS". The main header features the "Profile EAP" logo and the "Centura Health" logo. Below the header, a message states: "For more information about your EAP service, please log in below." There are two input fields for "Username" and "Password", followed by a blue "LOG IN" button. Below the login button is a "FORGOT YOUR PASSWORD?" link. To the right of the login section, there is a "SIGN UP" button with the text "Create a new account with your company code." above it. Further right, there is a "MyLifeExpert" logo and a description: "MyLifeExpert is a secure and confidential member portal brought to you by Profile EAP." Below this, there is a QR code and a section titled "How can I access MyLifeExpert from my phone?" with instructions to scan the QR code or visit "centura.mylifeexpert.com". There is also a "LOGIN HELP" button. At the bottom of the page, there are two main sections. The left section is titled "Profile EAP Webinars & Support Groups" and includes the text "Tool-building webinars for your well-being. To attend a seminar or webinar view the schedule." and a "VIEW & REGISTER" button. The right section is titled "To register for your free, CONFIDENTIAL counseling, or call Profile EAP at 1-800-645-6571" and includes a "REQUEST COUNSELING" button. A red arrow points from the "VIEW & REGISTER" button to a yellow box below the screenshot.

To register for these webinars click here

You do not need to log-in or enter a
Company Code to register

For more information or to schedule an appointment
call Profile EAP 1-800-645-6571