

HumanaCare 2022 Webinar Topic Preview



Please take a sneak peek at our first 6 free webinar topics for 2022. Registration links to the live sessions will be included with our monthly newsletter and in the EAP portal. Sessions will also be recorded and available in the archive section of the portal following the sessions.

JANUARY, 12

Fortifying Your Resilience

Our ability to “bounce back” is critical to pandemic. Join us to discuss effective techniques for rebounding.

FEBRUARY, 9

The Dynamics of Healthy Relationships

Healthy relationships don’t just happen, they require communication, consideration, and so much more. Join us to discover positive dynamics required for healthy relationships and ultimate happiness.

MARCH, 9

Communication Skills in a Virtual World

ZOOM meetings, email communication, texts—it’s easy for details to get lost in the translation without intentional communication. Join us to discuss tools and strategies for effective virtual communication.

APRIL, 13

Managing Change in Our Ever-Evolving World

It’s easy, in the face of change, to get stuck; learning the skills of adaptability can be life-changing. Join us for this session where we will discuss change management and ultimate adaptability.

MAY, 11

Assessing the Mental Health of Adolescents or Young Adults

Life can be challenging for adolescents and young adults, so many choices, challenges, and stresses as one is attempting to discern identity and life’s path. Join us for a discussion of key indicators of mental health challenges, and suggestions for improving mental health and reducing stress and isolation.

JUNE, 8

Blind Spots that Can Diminish Your Brand

Often we don’t even realize small things that we do (or fail to do) can show up negatively. Join us to discover blind spots and ways to remedy them for a flawless brand.

July-December Topics will be confirmed in February.

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24 HOURS A DAY ANYWHERE IN NORTH AMERICA

