

2022

Webinars on Demand

January 18	Getting Into the Right Frame of Mind for 2022	Learn practical steps to use positive reframing strategies and guide your way through 2022.
February 17	Honoring Grief and Loss	Discover ways to say goodbye and going through five stages of grief in a healthy way.
March 17	Engagement	Learn how to get around burnout, prevent it, and keep yourself engaged in work and personal life.
April 19	Finding a Hobby	Understand the importance of having a hobby and how you can start finding one to help you feel happier.
May 17	Getting a Good Night's Sleep	Explore strategies to start a healthy bedtime routine to help you reduce stress and improve your wellbeing.
June 21	Exploring Nature	Discover the importance of being outside and find your own way to enjoy nature and increase your wellbeing.
July 19	Digital Health	Find the reasons why we need to do digital detox and learn practical steps on how to start incorporating it into your schedule.
August 16	Self-Care Strategy	Identify the ways to implement self-care as a part of your schedule and learn the art of slowing down.
September 20	Open Communication	Attain the skills to have open and effective communication at work and at home.
October 18	Navigating Holidays	Learn some effective ways to plan, organize, and make the most of your holiday
November 22	Overtime: Working Caregivers	Find out some practical and effective strategies to balance your work and personal life as the sandwich generation.
December 21	Taking Control of Stress	Manage your stress in a healthier way and learn some strategies to take control of your life.

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