



# 2022 Seminar Schedule

Thursdays 3:00- 4:00PM (CST)

Complements of your Employee Assistance Program

Join us one afternoon a month for a complimentary 60-minute training webcast. These topics were specifically chosen to help you gain additional tools and strategies to remain resilient through these difficult times.

## How you can join us:

Reserve your seat on line through our registration link distributed via the newsletter within two weeks of each webinar.

**Visit [neelyeap.com](https://neelyeap.com) to learn more.**

## DIVERSITY AND INCLUSION SERIES

- 2/3 What is Diversity and Inclusion?
- 5/5 Courageous Conversation about Diversity
- 9/8 Inclusive Leadership
- 11/3 Respect in the Workplace

## MONTHLY WELLNESS SEMINARS

- 1/13 Staying Engaged while Working Remotely Building
- 2/17 Sustainable Healthy Habits
- 3/10 How to Manage the Stress of Constant Change
- 4/14 Using your Healthcare to its Fullest Advantages
- 5/12 Overcoming the Fear of Failure
- 6/9 Finding your Voice
- 7/14 Preventing Burnout and Finding Balance
- 8/11 Four Steps to Unleash your Full Potential
- 9/8 How to Stay Calm Even When Others Don't
- 10/13 Personal Finance 101
- 11/17 Combating the Stress of the Holiday with Cheer
- 12/8 How to Include Nutrition in your Holiday Plans

Toll free: 24/7

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