

Cigna EAP National Wellness Seminars for EAP Clients

2015 ON-DEMAND SEMINAR REPLAYS

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Expires Jan 8	Stress Less: Responding to Your Mind & Body Hoping the new year will be less stressful than the last? Check out this seminar for some simple but powerful ways to cut stress!	Expires Jun 18	Embracing Optimism Is your glass half full or half empty? We all have the power to shift to a more positive way of thinking. Learn simple tips that can help.
Expires Jan 15	Manager's Guide to the EAP The EAP can be a useful resource to support you and your employees. Discover the many ways you can use this helpful tool.	Expires Jul 9	Exceptional Customer Service Excellent customer service is integral to all roles in your organization. Hear what you can do to raise your service to the next level.
Expires Jan 29	Effective Teamwork: Strategies for Working Together In the workplace, you have to be a team player in order to get the job done. Hear how to contribute to a strong, productive, and cooperative team.	Expires Jul 23	Manager's Guide: Leadership Communication Effective communication is central to good leadership. Brush up on key concepts and learn important dos and don'ts in this seminar.
Expires Feb 12	Revitalize Your Relationship Is Valentine's Day just another day? This seminar can help you learn to connect in healthy ways and reignite that spark!	Expires Aug 6	Taming the Back to School Transition Going from the lazy days of summer break back to school structure can be hard on everyone. Find out how you can ease that transition.
Expires Feb 26	Unique You: Personality Styles at Work When personality styles mesh, the whole team can benefit. Have fun learning what your style is and how different styles can work together.	Expires Aug 20	Taking Charge of Your Health Care From choosing a doctor to evaluating fees to understanding preventative care, staying well can be confusing! This seminar can help.
Expires Mar 12	Talking to Children About Death Loss is part of life, however that doesn't make it any easier to explain to children. Learn skills for that talk and how to support your child when a death occurs.	Expires Sep 10	Under Pressure: Managing Workplace Stress You can't run from work stress, but you can learn to handle it more effectively. Learn good coping strategies and proactive moves.
Expires Mar 19	Dealing with Difficult People Aggressive, passive, defensive, pessimistic – difficult behavior patterns affect everyone. Get practical tips for how to respond to these and other difficult behaviors.	Expires Sep 17	Pain: When It Impacts Your Life Chronic pain can be a mental and emotional strain, as well as a physical one. Get ideas for how to better manage this challenge.
Expires Apr 2	The Power of Humor Laughter really is the best medicine! Listen to this seminar to hear how humor can enrich your life. ☺	Expires Oct 8	Violence in the Workplace Workplace violence is a real danger that can happen anywhere. Building awareness is the first step in being prepared.
Expires Apr 16	Parent Prep for a Super Summer Are you dreading the challenge of keeping your kids busy and engaged this summer? Explore helpful ideas for children of all ages.	Expires Oct 15	Presenting Your Best Professional Image Does your professional image stand out? It's more than just your appearance. Learn ways to be your best in everything at work.
Expires Apr 23	Manager's Guide: Sexual Harassment Awareness Sexual harassment is a serious workplace issue. A manager's response is key. Learn ways to recognize and respond to it.	Expires Oct 29	Sticks and Stones: Understanding Bullying Today From school hallways to online networks, bullying causes real hurt. Understand what is involved and how your child can safely respond.
Expires May 21	Employee Orientation to the EAP (English & Spanish) There are many benefits available through your Employee Assistance Program and it's all free! Discover what resources are available to you.	Expires Nov 5	Manager's Guide: Gender Transition in the Workplace Sensitive leadership is key when an employee makes a gender transition. Learn how to be supportive and promote respect.
Expires Jun 4	Effective Communication: Beyond the Basics Are others really hearing what you are saying? Learn how style impacts communication and get strategies to engage and connect at the workplace.	Expires Nov 19	Navigating Eldercare: A Compass for Caregiving (English & Spanish) Taking care of aging family members can present life-changing challenges. Review key concerns and get tips for managing them.
		Expires Dec 10	Giving to Yourself It may be better to give than to receive, but don't take yourself off the list completely! Discover how to give to yourself in an unselfish way.

Replay of an on-demand seminar will be available at the link above until the 2015 expiration date listed.



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