

2016 CIGNA EAP NATIONAL WELLNESS SEMINARS



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LIVE	SEMINAR	TOPIC
Jan 13	New Year, New You: Ten Resolutions You Can Keep	Make this the year you get your financial future on track! Our expert offers tips on planning, budgeting, and getting debt under control.
Jan 27	What's for Dinner? Healthy Meal Planning	It's hard to prioritize healthy meals when you're tired after a long day. We'll show you how planning can help make healthy choices easier.
Feb 10	Worries and What to Do About Them	Why do we worry? How much worry is too much? Get answers and strategies that can help you cope with and control worrisome thoughts.
Feb 17	Manager's Guide to the EAP	Discover the many supportive services provided by your Employee Assistance Program available to you as a manager.
Mar 2	Civility and Respect at Work	When disrespectful actions and attitudes creep into the workplace, everyone suffers. Learn how you can respond and restore respect.
Mar 16	Gender Transition in the Workplace: A Guide for Coworkers	"Changing" genders can be a hard concept to understand. We'll talk about gender identity and what it means when a person transitions.
Mar 23	Employee Orientation to the EAP	Your Employee Assistance Program can help you tackle stressors big and small, work-related or personal. Join us to learn how.
Apr 6	Family Life: The Juggling Act	Work, family, activities, commitments... are you trying to keep too many "balls" in the air? Explore how you can add balance and reduce stress.
Apr 20	Dreaming of a Good Night's Sleep	Having trouble getting the sleep you need? Learn how sleep works and what you can do to improve yours.
May 4	How Stress Affects Our Eating	Stress can push all of us toward the fridge. Join us to learn how to recognize what triggers stress eating and how to react differently.
May 18	Working Together: Diversity in the Workplace	Understand how to thrive in a diverse environment and play a part in creating an inclusive workplace. ★ In English & Spanish
May 25	Manager's Guide: Effective Leadership Communication	It's hard to lead when no one is following. Explore how to make your message meet the mark and support your leadership goals.
Jun 8	Unique You: Personality Styles at Work	Get insight into your personality and strategies for improving interactions with others who have different styles.
Jun 22	Endings and Opportunities: The Power of Acceptance	Life is full of curveballs, closed doors, and unasked for endings. Learn how acceptance can help you open the door to new opportunities.
Jul 13	Positive Parenting: Shaping Behavior	From toddlers to tweens, kids know how to push limits and our buttons. We'll discuss how to use positive methods to change negative behavior.
Jul 20	Fitness Essentials	Time to get back to basics! We'll cover key eating, exercise, and personal fitness strategies to keep you on track for good health.
Aug 3	Living with Grief	There's no easy way "through" grief. What we can do is share strategies to help you cope with the challenges of living with loss and change.
Aug 17	Beating Burnout	Everyone gets stressed out once in a while. But if you're feeling overwhelmed, it could be job burnout. Learn how to spot it and stop it.
Aug 24	Finding Your Resilience	Life can play rough, but you have the power to bounce back. Join us to explore the concept of resilience and learn how to strengthen yours.
Sep 7	Manager's Guide: Suicide Awareness	Suicide is a difficult topic. Learn about possible risk factors, common warning signs, and how to respond in the workplace.
Sep 21	Stress Relief: Train Your Brain	Modern life leads to modern stress. Our built-in primitive response can be a problem. Time to train your brain to rewire your stress response!
Oct 5	A Holiday Spending Survival Guide	The holidays shouldn't be a chore, but they can feel like it! Make this year different using our realistic planning, organizing and shopping tips.
Oct 19	Caring for the Caregiver	It's an honor to care for an aging loved one. It can also be intensely stressful. We'll discuss helpful strategies for healthy caregiving.
Nov 2	Stress in Customer Service Roles	Customer service comes with a unique set of demands. Get strategies for managing and reducing your stress. ★ In English & Spanish
Nov 16	Manager's Guide: Virtual Workplace	When "going to work" means walking into a home office, a manager's role can be more difficult. Review best practices for a productive team.
Dec 7	Secrets of Happiness	Who doesn't want to be happy!? But is getting there really a secret? You may be surprised! Explore what happiness is and how to find more of it.

All seminars are one hour and take place on Wednesdays at 2 pm ET / 1 pm CT / 11 am PT. On-demand replay will be available starting 2 hours after the live presentation.

Together, all the way.®



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