

2020 CIGNA EAP WELLNESS WEBCASTS

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| LIVE | SEMINAR | TOPIC |
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| JAN 8 | When Mood Meets Food | Stress can push us toward the fridge. Learn to recognize your stress eating triggers and get strategies to react differently. |
| JAN 22 | The Power of Compassion | We're wired to be kind, but life can override that instinct. Discover how to tap the benefits that being compassionate can bring. |
| JAN 29 | For Managers: Strengthening Your Team | Your team works, but does it work well? Discuss how to manage challenging dynamics and bring out the best in your team. |
| 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! |
| FEB 26 | EQ and You: Customer Service with Care | Emotional intelligence can help make positive connections the norm... for you and for your customers. Join us to learn how. |
| MAR 4 | Teens: Risky Behavior and Good Choices | More independence can bring more risk for teens. Learn how structure, consequences, and good communication can help. |
| MAR 18 | Dealing with Difficult People | Aggressive, passive, defensive, pessimistic... difficult styles can be a challenge. Get practical tips for how to respond. |
| APR 8 | Less Is More: Simplifying Your Life | Are you buried by a "get more, have more, do more" lifestyle? Learn to reduce stress and make room for what matters to you. |
| APR 22 | For Managers: Managing Workplace Conflict | Workplace disputes happen. Explore effective strategies for addressing and resolving conflict within your team dynamic. |
| MAY 6 | Understanding Depression | What causes depression? How can you tell if you have it? What can help? Join us for clear answers to your questions. |
| MAY 20 | Dreaming of Retirement | Retirement reality doesn't always match our dreams. Explore budgeting and saving strategies to get closer to your goals. |
| JUN 3 | Diversity in the Workplace <i>In English & Spanish</i> | Gain an understanding of how to thrive in a diverse environment and learn how to play a part in creating an inclusive workplace. |
| JUN 17 | Stealth Stressors: Life in the Digital Age | While we wouldn't wish away the benefits that technology brings, we do need to be aware of and manage the hidden stressors. |
| JUL 8 | EQ and You: Connect for Success | Emotions don't stop at the office door. Learn how you can make them work for you by building your emotional intelligence. |
| JUL 22 | Make Work @ Home Work for You | The growing trend of WAH brings many benefits. But there can be challenges. Get valuable tips to make it a good fit for you. |
| AUG 5 | For Managers: Leading Generations at Work | There's no secret decoder ring, but learning about generational traits can help you maximize team assets and reduce tensions. |
| AUG 19 | Planning for College | College costs can be daunting; planning can help. Learn about saving options, financial aid, scholarships, other loans and aid. |
| SEP 9 | Suicide Awareness | Suicide can touch any life. The impact can be profound. Join us for a candid conversation about signs and response strategies. |
| SEP 23 | Boosting Your Brain Health | Your brain is the most powerful tool you have. Are you taking care of it? Research shows many ways to impact function and aging. |
| OCT 7 | For Managers: 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. |
| OCT 21 | Why We Worry and What to Do About It | Do you worry about worry? We'll share answers and strategies that can help you cope with and control worrisome thoughts. |
| NOV 4 | Stress and Our Perceptions <i>In English & Spanish</i> | It feels like stress comes at us, but a lot of it comes from us. Changing negative thinking can build positivity and lessen stress. |
| NOV 18 | Spread Too Thin: Life in the Sandwich Generation | Caregiving for aging loved ones AND your family can stretch you to the breaking point. Get tips for staying well in the "sandwich." |
| DEC 2 | No More Humbugs: Emotionally Healthy Holidays | Do you sometimes wish you could skip the holidays altogether? Healthy coping strategies can help you find joy in the season. |

**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 1 hour after the live presentation.**

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