Well-Being Solutions

Offering help with life’s challenges, Well-Being Solutions, your Employee Assistance Program, is here with interactive webinars to give you guidance, direction, and insight into those situations that you may need a little help with.

These webinars are absolutely FREE to employees, their dependents, and any household member. Take some time to learn more how to help yourself through it.

Dinner And A Webinar – we provide you with a healthy and easy recipe so you can spend your evening with us enjoying a little Evening webinar.

*Letting Go of the Things That Hold You Back
http://attendee.gotowebinar.com/register/9102552611338059531

Overview- “Living the Good Life!” is about happiness, health and satisfaction. We will discuss what’s needed, what to bring along on life’s journey, what to leave behind, what to acquire along the way.

Workshop Objectives- understand what a good life means to you. Identify your baggage from work, relationships and home. Get back on track with your purpose, and identify obstacles.

*Part of the “Dinner and a Webinar” series. See attached recipe to make attending a little easier!

Living With Change
http://attendee.gotowebinar.com/register/6168871970101012750

Overview/Description- Change brings both opportunities and turmoil. Today, change has become a constant, and it can be hard to say goodbye to what’s changing. This workshop provides techniques to deal effectively with change.

Objectives- be specific about the changes experienced, identify resistance to change in your life, identify possibilities in transition, describe your action plan to deal with change.

*Building Strong Relationships With Your Adult Children
http://attendee.gotowebinar.com/register/5557141083842184718

Overview- When our children grow up, we have to get to know them as independent adults. We must learn to let go, and learn to let them make mistakes and grow from them.

Objectives- Obtain guidelines to interact with adult children in their personal relationships, financial matters, marriages, and with children of their own.

*Part of the “Dinner and a Webinar” series. Future DoIT emails will supply you with a recipe to make attending a little easier!