

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 situations where you may need a little help.

These webinars are absolutely FREE, so take advantage and learn how you can help yourself and your loved ones.

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



Forgiving Yourself and Others

<https://attendee.gotowebinar.com/register/2449125180579129871>

Overview- Become a happier, healthier person with better relationships by practicing forgiveness. We can forgive ourselves, and others, without having to become victims. Using reflection, compassion and accountability.

Objectives- Become a better person; improve personal health, reduce stress. Learn compassion, let go, learn from your mistakes and move on. Be accountable and create a solution; use self-awareness to become a better person.



* Time Management Principles

<https://attendee.gotowebinar.com/register/8806807076724422411>

Overview- Responsibilities can feel overwhelming, and it can seem a 24-hour day simply isn't long enough to get everything done. We will discuss principles to help you be in control of your very busy life.

Objectives- Describe how to change "negative self talk" as it relates to your time and thinking that control your day. Identify "time wasters", and prioritization principles, discuss the impact of procrastination and how to overcome it.



Giving Effective Feedback in Personal or Work Situations

<https://attendee.gotowebinar.com/register/8934253668541290254>

Overview- addresses strategies on how to deliver effective feedback at work, or at home; we'll review multiple examples and ample practice to learn how to give feedback to help individuals improve performance.

Objectives- review timing regarding positive vs. critical feedback, and praise vs. talent; discuss uses of "positive intent", as well as employing image-centered compliments. Discuss how to use judgment-free language to reduce defensiveness and creative freeze.

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

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