

WELL-BEING WEBINARS

Take an hour to focus on yourself by attending one of our well-being webinars. Learn more about upcoming sessions and select the link to register.

All webinars take place from noon to 1 p.m.

July

- [Wednesday, July 8: Introduction to expanded EAP services](#)
- [Wednesday, July 15: Preventing and overcoming burnout](#)
- [Wednesday, July 22: Introduction to expanded EAP services](#)
- [Wednesday, July 29: Emotional intelligence at work](#)

August

- [Wednesday, Aug. 5: Introduction to expanded EAP services](#)
- [Wednesday, Aug. 12: Stress and its impact on your health](#)
- [Wednesday, Aug. 19: Introduction to expanded EAP services](#)
- [Wednesday, Aug. 26: Relationship excellence](#)

September

- [Wednesday, Sept. 9: Introduction to expanded EAP services](#)
- [Wednesday, Sept. 16: How to become more resilient](#)
- [Wednesday, Sept. 23: Introduction to expanded EAP services](#)
- [Wednesday, Sept. 30: How to give difficult feedback in your relationships](#)

October

- [Wednesday, Oct. 7: Successful money management; taking control of your personal finances](#)
- [Wednesday, Oct. 14: Managing the stress of relationships](#)
- [Wednesday, Oct. 21: Emotional intelligence for supervisors](#)

November

- [Wednesday, Nov. 4: How to manage the stress of the holidays](#)
- [Thursday, Nov. 12: How to respond effectively to difficult behavior](#)
- [Wednesday, Nov. 18: Successful approaches to difficult employee conversations](#)

December

- [Wednesday, Dec. 2: Managing the stress of time and competing priorities](#)
- [Wednesday, Dec. 9: Four steps to resolving conflict and restoring relationships](#)
- [Wednesday, Dec. 16: How to be an effective and caring coach](#)

Visit more about other webinars and our wellbeing program at mn.gov/mmb/segip.

If you need an ASL interpreter or CART to access for the webinars, please notify us at least three weeks prior by emailing work.well.mmb@state.mn.us.