

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.

January

- [Wednesday, Jan. 13: How to maximize productivity while working remotely](#)
- [Wednesday, Jan. 20: How to motivate, engage, and retain your staff](#)
- [Wednesday, Jan. 27: The keys to great employee-supervisor communication](#)

February

- [Wednesday, Feb. 10: How to cope with change and uncertainty](#)
- [Thursday, Feb. 18: Thinking for success](#)
- [Wednesday, Feb. 24: Strengthening the team](#)

March

- [Wednesday, Mar. 10: Building a culture of respect](#)
- [Wednesday, Mar. 17: How to motivate a multi-generational work team](#)
- [Wednesday, Mar. 24: How to cope with anxiety during difficult times](#)

April

- [Wednesday, Apr. 7: Maintaining effective communication channels](#)
- [Wednesday, Apr. 14: Managing the stress of change](#)
- [Wednesday, Apr. 21: 7 habits of highly effective employees](#)

May

- [Wednesday, May 5: How to manage negative thoughts and emotions](#)
- [Wednesday, May 12: Advanced communication skills that foster collaboration and teamwork](#)
- [Wednesday, May 19: How to effectively delegate tasks and responsibilities](#)

June

- [Wednesday, June 2: The four keys to handling pressure](#)
- [Wednesday, June 9: Presentation skills for supervisors](#)
- [Wednesday, June 16: Customer service excellence](#)

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.