

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

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Wednesday, July 8: Introduction to expanded EAP services

Learn more about our enhanced EAP services and how you and your family can leverage them.

Wednesday, July 15: Preventing and overcoming burnout

Learn the causes of burnout and strategies that can help you reduce stress, regain motivation, and build resilience, and reduce stress.

Wednesday, July 22: Introduction to expanded EAP services

Learn more about our enhanced EAP services and how you and your family can leverage them.

Wednesday, July 29: Emotional intelligence at work

Emotions can bring joy, but also pain if we don't manage them well. Learn steps you can take to balance your emotions at work and at home.

August

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Wednesday, Aug. 5: Introduction to expanded EAP services

Learn more about our enhanced EAP services and how you and your family can leverage them.

Wednesday, Aug. 12: Stress and its impact on your health

Learn more about how to stress, how to detect it and prevent it from impacting your health and productivity.

Wednesday, Aug. 19: Introduction to expanded EAP services

Learn more about our enhanced EAP services and how you and your family can leverage them.

Wednesday, Aug. 26: Relationship excellence

Learn skills that can help build relationships in the workplace, including building connections, empathic listening, and conflict management.

Earn points towards your well-being program reward

After the webinar, report that you attended in Virgin Pulse. You'll earn 30 points towards your wellbeing program reward. When you earn 200 points by Oct. 31, 2020, you'll receive \$70 off your deductible in 2021. Note: only active employees enrolled in the Minnesota Advantage health plan are eligible for the reward.

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.