

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.

November

Wednesday, Nov. 4: How to manage the stress of the holidays

Learn tips and strategies to manage stress during the holidays and keep life in balance.

Thursday, Nov. 12: How to respond effectively to difficult behavior

Learn how to manage stress, ways to stay positive during negative interactions, and approaches to dealing with difficult behavior.

Wednesday, Nov. 18: Successful approaches to difficult employee conversations

Get tips on having effective conversations with employees, how to prepare, and communication techniques to produce better outcomes.

December

Wednesday, Dec. 2: Managing the stress of time and competing priorities

Learn practical approach to prioritizing efforts and maintaining focus on the most important to reduce stress and increase effectiveness.

Wednesday, Dec. 9: Four steps to resolving conflict and restoring relationships

Learn approaches and skills crucial to maintaining and restoring relationships to ensure good teamwork in the future.

Wednesday, Dec. 16: How to be an effective and caring coach

Get insights into what motivates employees, learn strategies for becoming more of a “coach” than a “boss.”

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.