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.

**Wednesday, Nov. 11: 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.