

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.

September

Wednesday, Sept. 9: Introduction to expanded EAP services

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

Wednesday, Sept. 16: How to become more resilient

Learn how to respond instead of reacting to stress, and coping strategies to maintain physical and emotional health during challenging times.

Wednesday, Sept. 23: Introduction to expanded EAP services

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

Wednesday, Sept. 30: How to give difficult feedback in your relationships

Discover strategies for having challenging conversations effectively, including being collaborative in your approach and handling disagreements respectfully.

October

Wednesday, Oct. 7: Successful money management; taking control of your personal finances

Examine obstacles to reaching your financial goals, how to manage your debt, and develop strategy for taking control of your finances.

Wednesday, Oct. 14: Managing the stress of relationships

Learn strategies for improving the quality of our relationships to reduce stress and conflict.

Wednesday, Oct. 21: Emotional intelligence for supervisors

Learn to improve relationships with employees and achieve greater levels of success as a leader.

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.