

2021 ComPsych Webinar Calendar

January

Date & Time	Topic	Description
1/20 @ 11:30AM CST Register for January 20 Webinar	Being Adaptive In An Ever-Changing World	“Because we’ve always done it like that,” may not be the best answer to, “Why do we do the things we do?” In our ever-changing world, we are seeing shifts in our markets and economies, our cultural norms, our behaviors, and ourselves. Now is the time to thrive by learning how to be adaptive and to be consistently able to change yourself to accommodate and maximize the benefits of change.
1/28 @ 11:30AM CST Register for January 28 Webinar	Difficult Conversations During Times Of Unrest	Millions of people have read about and watched footage from recent tragic events. It’s normal for these events to generate strong feelings that can carry over to conversations at home and in the workplace. Conversations about polarizing issues can be tense or even destructive, but avoiding such conversations is not always a good solution.

February

Date & Time	Topic	Description
2/9 @ 11:30AM CST Register for February 9 Webinar	Work-Life Balance In A Work From Home Environment	Working from home can offer a lot of flexibility but can also present challenges not experienced in an office environment. Competing disruptions, different routines, and a nagging feeling to open that laptop after hours can lead to negative feelings. This session looks at the benefits of formulating a work-from-home plan in order to achieve the optimal level of work-life balance.
2/18 @ 11:30AM CST Register for February 18 Webinar	10 Strategies for Improving Your Finances	The current economic climate brings both challenges and opportunities from a financial perspective. You may wonder during these challenging times: “What should I be most careful about” and “What should my family and I work towards?”



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March

Date & Time	Topic	Description
3/16 @ 11:30AM CST Register for March 16 Webinar	Effective Communication	Why is interpersonal communication important? Personal success depends on our ability to communicate. Effective human relations depend on our communication skills. Overall, interpersonal communication skills are necessary for understanding and for action. This workshop explores interpersonal skills and techniques necessary for successful interactions.
3/25 @ 11:30AM CST Register for March 25 Webinar	Building Strong Relationships With Your Adult Children	Parenting is a tricky business. For the first 20 or so years of your child's life, your job is to teach and guide them, often giving unsolicited advice and overriding their choices. Then comes the day they grow up and are on their own and you have to loosen your grip and get to know your kids as independent adults. That's not always easy.

April

Date & Time	Topic	Description
4/7 @ 11:30AM CST Register for April 7 Webinar	Sailing On: A Guide to Transitioning into Retirement	Moving from a career into retirement can be a challenging lifestyle adjustment. Many adults look forward to the benefits of retirement living but then often find themselves facing many difficult issues. Today's participants will learn ideas on how to deal with the many aspects of retirement living.
4/20 @ 11:30AM CST Register for April 20 Webinar	Friendly Persuasion: How to Get the Things You Want	While it's true that some people are intuitively good at persuading others, for most of us the most reliable path to success lies in knowing what we want to achieve and systematically deciding how we want to go about achieving it. Persuasion is a skill that everyone in the organization uses to accomplish goals.



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May

Date & Time	Topic	Description
5/13 @ 11:30AM CST Register for May 13 Webinar	Mental Health Awareness	At one time or another, everyone experiences symptoms of mental illness. Too frequently the response to such symptoms in the workplace is confusion, fear, judgment, avoidance and outright rejection. This leads to a worsening of symptoms and a deterioration of performance.
5/26 @ 11:30AM CST Register for May 26 Webinar	Managing Worry and Anxiety	Worries are thoughts we have about the future that generate fear. They arrive in the form of a “what if?” and generate dire warnings about terrible consequences that await us. Unfortunately, these warnings we give ourselves are generally overblown and focused on hypothetical problems that probably won’t happen.

June

Date & Time	Topic	Description
6/8 @ 11:30AM CST Register for June 8 Webinar	Tools To Handle Stress	This Stress Management course focuses on specific, practical activities to reduce stress. Whatever happens to be causing your stress, these techniques can help you cope.
6/23 @ 11:30AM CST Register for June 23 Webinar	Improving Your Memory	Our ability to remember things is one of the most useful tools we have in our work and home lives, but the amount of things we are trying to remember at once can sometimes be overwhelming. What do you do if you have a bad memory? The truth is, most people don’t have bad memories, they just haven’t learned how to use their memory efficiently.



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July

Date & Time	Topic	Description
7/7 @ 11:30AM CST Register for July 7 Webinar	The Importance of Participating in Your Employer's Retirement Plan	Your employer's retirement plan is an essential component of your future financial security. It is important that you understand how your plan works and what benefits you will receive. Just as you keep track of the money that you put in your bank or any other financial institution, it is in your best interest to understand and monitor your retirement plan and your benefits.
7/21 @ 11:30AM CST Register for July 21 Webinar	Living With Change	Whether going back to school or changing careers, starting a family or retiring, change brings both opportunities and turmoil. In today's fast paced world, change has become a constant. Even when we are able to see the advantages of change, it can be hard to say goodbye to what's changing.

August

Date & Time	Topic	Description
8/4 @ 11:30AM CST Register for August 4 Webinar	Mental Fitness for Optimal Brain Power	For a long time, the scientific community believed we were born with a certain number of brain cells and neural pathways and that, once damaged, they could not be repaired. In reality, our brains are much more flexible. Depending on our lifestyle, we can weaken or destroy connections, or create new, stronger ones.
8/19 @ 11:30AM CST Register for August 19 Webinar	Teenage Rebellion	For parents, the phrase "teenage rebellion" can induce a range of emotions from intense fear to disappointment. At its extreme, rebellion can include things like running away from home, abusing drugs and engaging in other very dangerous activities.



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September

Date & Time	Topic	Description
9/8 @ 11:30AM CST Register for September 8 Webinar	How to Receive Criticism and Make It Work for You	Receiving criticism is an important and valuable skill. To achieve success in any endeavor we must be able to tolerate critical feedback and learn from it. However, receiving criticism is difficult for most people. Upon receiving criticism we feel vulnerable and become defensive and thereby miss opportunities to benefit from feedback.
9/23 @ 11:30AM CST Register for September 23 Webinar	Awakening the Passion in Your Life	Do you admire people who always seem excited and passionate about what they do? Whether it's in their personal life, professional life, or both, some people are able to bring passion into their lives, while others struggle to find that spark to really get them going. Do you want to wake up every morning with great anticipation about what the day will bring?

October

Date & Time	Topic	Description
10/13 @ 11:30AM CST Register for October 13 Webinar	Are You Financially on Track for Retirement?	One of the top financial goals for individuals and couples is to be financially secure in retirement. This goal is not one that can be planned for in just the last few years leading up to the planned retirement date, but must be set and have milestones identified throughout the different stages of life.
10/28 @ 11:30AM CST Register for October 28 Webinar	Unconscious Bias	We all hold biases we aren't aware of. Many of these biases are necessary to make quick decisions as we go about our day—which street to avoid when driving or walking, what to do when we see an animal on a hike, what financial institution to bank with. While these biases aid us in making these decisions, they can also leave out part of the story, leading to a society where everyone is operating from their own viewpoint.



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November

Date & Time	Topic	Description
11/10 @ 11:30AM CST Register for November 10 Webinar	Understanding How Your Emotions Impact Interactions With Older Loved Ones	Many emotions arise when we think about our loved ones' aging or needing care. Emotions can include anger, fear, sadness, resentment and hope. In communicating with the older adults in our life, we need to be aware of the emotions we're experiencing and what they represent, to ensure that we have healthy, productive interactions. When we haven't fully processed our feelings or thoughts, they sometimes come out in negative ways, whether it is through negative behaviors, thoughts or language.
11/18 @ 11:30AM CST Register for November 18 Webinar	Being A Socially Responsible Person	Social responsibility is about acting in ways that benefit others or the larger society. When we engage in social behavior, we often feel happier, increase our social circle and feel more connected to a greater community. In this seminar we will examine the benefits of being a socially responsible individual and explore some ways to increase social responsibility.

December

Date & Time	Topic	Description
12/1 @ 11:30AM CST Register for December 1 Webinar	Paying off Debt While Building Wealth	In difficult economic times, many people are struggling to just keep up with monthly bills, let alone make progress on debt repayment. What suffers most is contributing to savings and investing goals. This session will focus on developing financial plans and strategies to address the dual goals of having a plan for paying off debt, while also contributing to building personal wealth.
12/16 @ 11:30AM CST Register for December 16 Webinar	Bringing Out the Best in Others	Whether in your personal or your professional life, are you the kind of person that brings out the best in others? Do people shine around you, or do they tend to withdraw, hesitant to show their best? Some people seem to have a knack for challenging, motivating and inspiring their friends, family members and co-workers.



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