

2022 ComPsych Webinar Calendar

January

Date & Time

Topic

Description

1/19 @ 11:30AM CST

[Register for January 19 Webinar](#)

Preventing Employee Burnout

Burnout is a growing concern for many employers, as it can impact morale, employee retention, work productivity and more. In this session, we describe the signals that leaders can watch for and introduce strategies to help them prevent burnout from impacting the workforce.

1/25 @ 11:30AM CST

[Register for January 25 Webinar](#)

The Art of Patience

Many of us are impatient at times. And when we lose control of our patience it hurts not only us, but those around us. Impatience raises our stress levels and over time can even inflict physical harm to our bodies. You see examples of impatience and patience throughout each day; when you're stuck in traffic, when you're waiting in line for the grocery store, and when your children are taking too long to get ready for school in the morning. Even if you don't rate your own level of personal patience as being very high, the good news is that with practice, you too can learn to be more patient in your life.

February

Date & Time

Topic

Description

2/10 @ 11:30AM CST

[Register for February 10 Webinar](#)

Talking About Tough Subjects With Your Elderly Parents or Loved Ones

This course is designed to help adult children and their aging parents or loved ones deal with those sensitive topics that make conversations difficult. How do you talk with your parents about issues associated with aging, moving, health, wills, driving and safety? Various examples will be used as exercises to prepare participants to respond to these challenging situations. The training will also discuss ways to involve siblings and/or whether to get assistance from elder care professionals.

2/24 @ 11:30AM CST

[Register for February 24 Webinar](#)

How to Deal With a Difficult Person

At one time or another, we have all dealt with a difficult person. Whether they are hard to communicate with, acting defensive or just handling a situation inappropriately, interactions with difficult people can affect our confidence, mood and focus. Learning to recognize and cope with common difficult behaviors in ourselves and others can help make difficult encounters much more manageable.



For each Webinar you attend, you will receive **50 Vitality Points** up to a max of 1,200 Vitality Points/Program Year

2022 ComPsych Webinar Calendar

March

Date & Time

3/16 @ 11:30AM CST
[Register for March 16 Webinar](#)

Topic

Happiness: A Key to Life's Satisfaction

Description

Why do some people seem happy and others just seem miserable all the time? Science suggests that each person has a range in their capacity to experience happiness and that range is different for each person. However, it is possible to live our lives in the upper end of that range if we apply ourselves and follow certain principles. This training incorporates a brief happiness questionnaire, a description of the various factors associated with happiness and concludes with a substantive discussion of specific ways to increase your happiness potential.

3/31 @ 11:30AM CST
[Register for March 31 Webinar](#)

Overcoming Procrastination

Procrastination is rampant in today's business world. Pushing important tasks and projects off until later can cause emotional anguish and keep you from accomplishing professional and personal goals. This workshop will provide you with techniques and strategies to overcome procrastination in your work and personal life.

April

Date & Time

4/13 @ 11:30AM CST
[Register for April 13 Webinar](#)

Topic

10 Strategies for Improving Your Finances

Description

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?" The 10 financial tips discussed in this workshop will get you on the road to financial well-being during challenging times.

4/28 @ 11:30AM CST
[Register for April 28 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, judgement, avoidance and outright rejection. This leads to a worsening of symptoms and a deterioration of performance. This training is designed to reduce the stigma associated with mental illness and to promote ways of supporting one another in the workplace. The session will address signs and symptoms of distress and effective ways of providing support for co-workers. The training will also include exercises to develop these skills.



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2022 ComPsych Webinar Calendar

May

Date & Time

5/18 @ 11:30AM CST
[Register for May 18 Webinar](#)

Topic

The Impact of a Difficult Childhood on Your Adult Life

Description

Childhood experiences teach us how to navigate relationships and manage stress, and greatly impact our self-esteem. We don't get to choose our childhood story, but we can choose to author the rest of our story. In this seminar we will discuss ways our childhood has a lasting impact on us and examine ways to escape letting our childhood dictate our present experience.

5/31 @ 11:30AM CST
[Register for May 31 Webinar](#)

Learning to Relax

Stress is experienced in the body as tension. To manage stress we have several choices: reduce or eliminate the stressor, think about the stressor differently so it no longer causes tension or change the way our body reacts to stress. The course will address the third option through exploring a variety of relaxation techniques to calm the body and mind.

June

Date & Time

6/15 @ 11:30AM CST
[Register for June 15 Webinar](#)

Topic

Managing Worry and Anxiety

Description

Worries are thoughts we have about the future that generate fear. They arrive in the form of a "what if?" and generate dire warning about terrible consequences that await us. Chronic worry that begins to impact the quality of life becomes "anxiety" and well-intended suggestions to "stop worrying" or applying common stress management techniques are mostly ineffective. This training will address how worry habits develop and methods of intervening with worry and anxiety.

6/30 @ 11:30AM CST
[Register for June 30 Webinar](#)

Understanding Depression

Many people still believe that the emotional symptoms caused by depression are "not real," and that a person should be able to shake off the symptoms. As a result, many people with a depressive illness never seek treatment. But the vast majority can get better with treatment. This workshop will identify the symptoms associated with depression, possible causes and treatments.



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2022 ComPsych Webinar Calendar

July

Date & Time

7/13 @ 11:30AM CST
[Register for July 13 Webinar](#)

Topic

Becoming a Better Listener

Description

Statistics show that people remember only half of what they hear, even moments after they've heard it. Surprising? The fact is that while most of us like to think we're good listeners, almost everyone needs to improve their listening skills. This workshop offers a fresh approach to this common problem.

7/28 @ 11:30AM CST
[Register for July 28 Webinar](#)

Helping Children Develop Strong Ethics and Values

Music, TV programs, electronic games, other children and adults all influence children. But not many of these influences teach them ethics and values. Teaching children ethics and values begins at home and is a parental responsibility. This workshop will assist in explaining basic ethics and morals so your kids can understand how to determine right from wrong.

August

Date & Time

8/10 @ 11:30AM CST
[Register for August 10 Webinar](#)

Topic

Healthy Lifestyle: Changing the Way You Think About Diet and Exercise

Description

It seems that every week a new study is published on the best way to control weight and increase fitness through changes in diet and exercise. This workshop provides an overview of safe and effective strategies to improve overall fitness through manageable changes in diet and exercise.

8/25 @ 11:30AM CST
[Register for August 25 Webinar](#)

Motivating Change in Others

How do you help someone who is stuck or ambivalent about making an important change in their life? Do you give them advice? Do you argue or debate them to persuade them make a change? Do you become frustrated when those strategies fail and then accuse them of being foolish? We can respectfully engage others to help them make changes through careful listening and by allowing the other person to identify their own priorities and motivations. The key communication skills addressed in this session are adapted from Motivational Interviewing and involve asking open questions, affirming, reflecting and summarizing in order to help someone move from ambivalence to action.



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2022 ComPsych Webinar Calendar

September

Date & Time

9/7 @ 11:30AM CST
[Register for September 7 Webinar](#)

Topic

**The Sandwich Generation:
Balancing Your Personal Life With the Needs of Your Older Parents or Loved Ones**

Description

Most of us reach a point in life when parents or elderly relatives begin to require more attention and time, and sometimes, our financial support as well. Caring for an older person can be complicated and few of us are trained for the many aspects of that care. Providing care for an elder is a very personal matter. No two situations are the same and there are no simple solutions. You can, though, benefit from following some practical suggestions. Balancing work, family and care-giving responsibilities can present some challenges. This workshop provides an overview of information to help the participant cope with their personal life while dealing with their elder's needs.

9/27 @ 11:30AM CST
[Register for September 27 Webinar](#)

**Living Simply:
Simplify Your Life**

In today's digital age, people are exposed to a vast number of choices and opportunities in all facets of life; choices about what to read, watch, listen to or purchase. The result is that people often are more distracted, confused and stressed by the increasing complexity of consumer choices and online social media activities. This topic addresses ways of prioritizing and simplifying your life through adopting a "digital mindfulness" approach.

October

Date & Time

10/12 @ 11:30AM CST
[Register for October 12 Webinar](#)

Topic

Secrets to Self-Motivation

Description

We can do anything we set our minds to. But sometimes it can feel like our brains are working against us when it comes to achieving our goals. Plans to learn a new skill, to get in shape or to save money keep getting pushed back in the hopes that the Future You will handle it "someday." Your attitude and beliefs about your likelihood of success can predict whether you succeed. If you actively keep your internal motivation high, you can significantly increase the likelihood of achieving your hopes, dreams and visions of your future.

10/25 @ 11:30AM CST
[Register for October 25 Webinar](#)

The Impact of Attitude on Work and Life

While you obviously need the appropriate knowledge and skills to do your job, the mindset with which you approach your work plays a dominant role in your ability to perform. This workshop will help participants explore how attitude can change their life and will provide them with opportunities to develop a more positive mindset.



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2022 ComPsych Webinar Calendar

November

Date & Time

11/15 @ 11:30AM CST
[Register for November 15 Webinar](#)

Topic

Stress: A Way of Life or a Fact of Life

Description

All aspects of work and life require stress—everyone experiences it. Experiencing stress is not all bad, but how we perceive stress is what's important. Stress is our body's normal response to any extra physical, mental or emotional demand we place on it. This workshop will help you to understand more about stress, identify your stressors and learn ways to cope with and manage high stress levels.

11/29 @ 11:30AM CST
[Register for November 29 Webinar](#)

Feeling Stuck? Practical Ways To Get Yourself Going Again

If you're struggling with challenges and uncertainty about your personal or professional life, and you're not sure what to do next, this session is for you. We'll discuss some simple but powerful questions to ask yourself to help you get "unstuck." The benefits of asking each question will be discussed, and participants will have an opportunity to try responding to all of them.

December

Date & Time

12/6 @ 11:30AM CST
[Register for December 6 Webinar](#)

Topic

Awakening the Passion in Your Life

Description

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? This workshop is about looking within yourself to find the "buttons" to push to bring out your passion.

12/14 @ 11:30AM CST
[Register for December 14 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. Memory is a skill, and like any skill, with practice it can be developed and improved. This workshop offers participants tips and tools for improving their memory skills.



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