

# 2025 SupportLinc Webinar Calendar

## January/ February

Date & Time	Topic	Description
1/14 @11:30AM CST <a href="#">Register for January 14 Webinar</a>	<b>Attitude of Gratitude</b>	Gratitude is the practice of affirming gifts and positivity in the world coupled with the recognition from which these resources stem. The practice offers physiological, psychological and social benefits improving on our bodies, minds and relationships. In this presentation, we'll discuss the many benefits of gratitude and provide simple and manageable ways that offer significant results to cultivate gratitude in our everyday life.
1/29 @ 11:30AM CST <a href="#">Register for January 29 Webinar</a>	<b>Sleep Basics</b>	In this presentation, you will learn the physical and mental benefits of a good night's sleep, how to establish daily habits that promote sleep and ways to improve your sleep environment. We will also discuss techniques for relaxation and dealing with insomnia.
2/13 @ 11:30AM CST <a href="#">Register for February 13 Webinar</a>	<b>Productive Team Building</b>	You have your team...now what? Creating and maintaining healthy and productive team relationships takes focus and work. This seminar provides ideas and tools to help you understand and put into practice the concepts that contribute to being a part of a team where people want and are encouraged to be their best. Whether you are a manager or supervisor of a large established team, or this is your first day in the workforce, you will begin to understand how each of us can be an active part of a productive team.



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

# 2025 SupportLinc Webinar Calendar

## February/March

### Date & Time

### Topic

### Description

2/25 @ 11:30AM CST

[Register for February 25 Webinar](#)

**Compassion Fatigue**

Connecting to others is essential for our own mental health. However, there can be a price to pay for this connection when we are impacted by others' stressors. For many of us, our day-to-day jobs are not only physically exhausting but mentally exhausting. The presentation will guide you through what compassion fatigue is, the signs and symptoms and real-life strategies to combat it in your everyday lives.

3/12 @ 11:30AM CST

[Register for March 12 Webinar](#)

**Nutrition and Your Health**

It's possible to make a few small changes to your diet that can have a significant impact on your health. A little education and some simple planning can help anyone build a healthier diet that fits their lifestyle. This presentation will help attendees understand the role that a healthy diet plays in every facet of their life and provide tips for building a healthier diet and maintaining a healthy lifestyle.

3/27 @ 11:30AM CST

[Register for March 27 Webinar](#)

**Emotional Intelligence**

Many of us know that getting along with others is the key to success. We will discuss what an emotion is and why you are having it, and attendees will learn how to understand what they are feeling and how it affects their moods, daily life and others around them.



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# 2025 SupportLinc Webinar Calendar

## April

### Date & Time

### Topic

### Description

4/8 @ 11:30AM CST  
[Register for April 8 Webinar](#)

**The Sandwich Generation**

Many people today will face having to take care of an elderly relative while they are still taking care of their own children. This is known as the “Sandwich Generation”. This presentation will discuss how to collect information, communicate with compassion, be proactive and respectful and cope with the issues people in the Sandwich Generation must face.

4/23 @ 11:30AM CST  
[Register for April 23 Webinar](#)

**Creating a Great Place to Work in Ten Easy Steps**

This presentation will teach attendees ten steps to creating a great place to work, because who doesn't want to come to work every day and love where they are and what they do? Attendees will come out of this class with a clear vision of not only what a healthy work environment is but also how to create it in their workplace.

## May

### Date & Time

### Topic

### Description

5/8 @ 11:30AM CST  
[Register for May 8 Webinar](#)

**Building Better Mental Health**

Just like physical health, mental health does not occur automatically. And, while every person is unique in what they need for their own optimal health, there are certain factors which are a part of a lifestyle that contribute to and support mental wellness. This presentation will address those factors and give attendees tools, tips and insights so they can identify and put into place what they need.

5/20 @ 11:30AM CST  
[Register for May 20 Webinar](#)

**Talking About Mental Health in the Workplace**

1 in 5 adults in the United States experiences a mental health concern every single year. While emotional distress is not always a sign of mental illness, it can still take a major toll on employee wellbeing – not to mention productivity. In the end, everyone suffers when emotional distress and mental illness are left unaddressed in the workplace. Fortunately, employees and organizations can take steps to create a supportive environment, or what is often referred to as a psychologically healthy workplace. Taking these basic steps not only helps employees in distress and connects them to care – it increases employee resilience and engagement, as well as productivity.



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# 2025 SupportLinc Webinar Calendar

## June

### Date & Time

### Topic

### Description

6/4 @ 11:30AM CST

[Register for June 4 Webinar](#)

**Developing Positivity in the Workplace**

Healthy positivity is more than trying to make everything “okay” or ignoring problems. The factors which, when not addressed, lead to workplace negativity are tools that can be used to identify problems, enhance productivity and reduce stress. Attendees in this presentation will learn to develop effective thought patterns and behaviors on both an individual and systemic level by creating awareness of negative influences and insight on how to effectively respond.

6/17 @ 11:30AM CST

[Register for June 17 Webinar](#)

**Self-Care Strategies for Emotional Wellbeing**

Taking care of your wellbeing is vital to your productivity and overall health. When life gets busy, it can be difficult to remember to practice self-care. This presentation provides a greater understanding of what emotional wellbeing is, and how we can develop it by healthily recognizing, focusing on and prioritizing ourselves.

## July

### Date & Time

### Topic

### Description

7/8 @ 11:30AM CST

[Register for July 8 Webinar](#)

**Conflict Resolution**

Conflict is an unavoidable part of life, both at home and at work. Knowing how to resolve conflict – and, in many cases, reap the benefits that conflict can prove – is a valuable skill. Attendees in this presentation will learn how to iron out differences before they escalate. They will explore the dynamics of conflict, develop awareness of their role in conflict situations, and acquire tips for when individuals are emotionally or behaviorally difficult.

7/23 @ 11:30AM CST

[Register for July 23 Webinar](#)

**Reducing and Managing Pain**

This presentation will help participants learn more about what pain is, common causes and how we can begin to reduce it. We will discuss everything from treatments, coping mechanisms, the mind/body connection and effectively accessing healthcare resources.



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# 2025 SupportLinc Webinar Calendar

## August

Date & Time	Topic	Description
8/7 @ 11:30AM CST <a href="#">Register for August 7 Webinar</a>	<b>Dealing with Difficult People</b>	Dealing with difficult people is something many people face as part of their everyday lives. Without the command of solid coping mechanisms, the stress of handling difficult people and tough situations can create a lack of productivity, poor attitude and reluctance to come to work. Attendees will learn how to deal with a wide range of challenging situations and take positive steps to turning problem relationships around.
8/19 @ 11:30AM CST <a href="#">Register for August 19 Webinar</a>	<b>Building Resilience for Optimal Performance</b>	Resilience is essential in a world where everyone feels pressure to produce more work of higher quality, with fewer people, in less time and with fewer resources. With challenges and demands in our personal lives as well, it is clear that we all must learn how to be change-proficient, cope with stress and other unexpected setbacks and overcome adversity. This presentation will provide individuals with the tools necessary to adapt to challenges and changes at home and at work, while helping them become more successful and productive and improving their overall sense of wellbeing.

## September

Date & Time	Topic	Description
9/3 @ 11:30AM CST <a href="#">Register for September 3 Webinar</a>	<b>Preventing Burnout</b>	At one time or another, almost everyone reports feeling “burned out.” But what does “burnout” really mean? What are the signs of burnout? In this presentation, attendees will learn to identify the root causes of burnout, recognize which stress-inducing factors are within their control and develop an action plan for effectively managing stress at work and at home. By learning how to take responsibility for making changes, attendees will be empowered to overcome burnout and create balance in their busy lives.
9/18 @ 11:30AM CST <a href="#">Register for September 18 Webinar</a>	<b>Managing Eldercare Responsibilities</b>	It’s not uncommon for one family member to be the primary caregiver for an older relative. This seminar will teach participants how to create a family approach to caregiving. We will discuss how family dynamics and family history impact a family’s ability to work together as caregivers. Participants will learn strategies for problem-solving and managing conflicts with siblings and other family members.



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# 2025 SupportLinc Webinar Calendar

## October

### Date & Time

### Topic

### Description

10/7 @ 11:30AM CST

[Register for October 7 Webinar](#)

**Life Blend**

Balancing the demands of work and family can be a difficult job. Most of us juggle a number of important jobs that all require our time and energy. Your roles might include being a spouse, parent, child, sibling, employee, organization member and neighbor. All of these roles carry responsibilities and rewards. But, if we aren't careful, the stresses and demands of all of these roles can engulf and drain us. In this presentation, attendees will learn how to balance their work life with their personal life, in an effort to avoid burnout.

10/22 @ 11:30AM CST

[Register for October 22 Webinar](#)

**Benefits of Mindfulness**

There are many well-documented benefits of mindfulness, from stress reduction to relationship satisfaction to job performance. However, many employees find it difficult to make mindfulness a part of their everyday life. Fortunately, it isn't necessary to dedicate a lifetime to learning ancient meditational practices to begin to reap many of the rewards of greater mindfulness. In this presentation, attendees will learn simple yet powerful strategies to help them begin to cultivate the type of greater awareness and active, open attention to the present that experts agree can lead to better health and optimal performance.



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# 2025 SupportLinc Webinar Calendar

## November

### Date & Time

### Topic

### Description

11/6 @ 11:30AM CST

[Register for November 6 Webinar](#)

**Holiday  
Budgeting**

This presentation addresses more than the cost of the gifts. Attendees will gain an awareness of the influences and motivations tied into the holidays that impact financial decisions. They will be given tools and resources to be more proactive, purposeful and aware in relation to budgeting around a special time of year.

11/18 @ 11:30AM CST

[Register for November 18 Webinar](#)

**Understanding  
Anxiety**

Anxiety is more than feeling stressed and, if not managed, can create significant difficulty navigating life on a day-to-day basis. This presentation will go over the causes and symptoms of anxiety (acute, chronic and clinical) and how to effectively cope with it.

## December

### Date & Time

### Topic

### Description

12/3 @ 11:30AM CST

[Register for December 3 Webinar](#)

**Holiday Survival Guide**

We all have strong feelings about the holidays. For many, it's a wonderful time of celebration, family gatherings and joyful times. For others, it's a time of sadness and feeling overwhelmed. In this presentation, attendees examine sources of holiday stress and learn strategies for coping and managing their emotions, time, relationships and finances. Share ideas for organizing holiday tasks, juggling holiday demands and look at the role of holiday traditions.

12/18 @ 11:30AM CST

[Register for December 18 Webinar](#)

**Stress Management**

Stress is an unavoidable part of life. From time to time, we all experience increased levels of stress. However, if left unaddressed, stress can continue to build, and eventually becomes unmanageable. The purpose of this presentation is help you understand the impact of the different types of stress, review the most common effects of stress, and provide you practical tools and information regarding healthy habits and coping skills that you can begin using today to help you better manage the stress you face in your life, and build resilience.



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