WorkplaceSolutions®

2021
Webinars on Demand

January 19	**Reframing Your World**	Discover the practical ways to reframe your perspective to live a more present and positive life.
February 16	**Setting Goals**	Learn how to strategically set short-term and long-term goals to help you succeed in all areas of your life.
March 16	**Planning for Success**	Explore the secrets behind being more organized and more efficient to help combat and reduce overwhelm.
April 20	**Financial Security**	Understand the practical ways you can feel more secure and more stable in your finance management.
May 18	**Addressing Anxiety**	Learn how to recognize and manage anxiety to actively combat the physical and mental effects in a practical way.
June 15	**Healthy Relationships**	Identify the ways to build and maintain healthy relationships with those around you, with a focus on the importance of boundary setting.
July 20	**Summer Holiday**	Learn some straightforward and effective ways to make the most of your summer holiday and maximize the moments and memories for you and your family.
August 17	**Building Confidence in Children**	Attain the skills and insight to boost your children's confidence and self-esteem and help them to become empowered and resilient adults.
September 21	**Being Present**	Discover the key to being more present and actively taking the time to digitally disconnect to spend quality time with those around you.
October 19	**Embracing Differences**	Learn about how to live and work in a way that is respectful, kind, and embraces diversity in all walks of life.
November 16	**Caring for Our Elders**	Find out more about the aging process and how to both practically and emotionally care for elderly relatives.
December 21	**Making Time to Make a Difference**	Understand the small but powerful ways that everyone can 'pay it forward' and make a difference to the lives of others.

Accessing Webinars On Demand

1. Log in to the EMPLOYEE SERVICES portal at www.wseap.com using your organization's access code.

2. Scroll down to the Work-Life Resources box and click Explore Now.

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