



A **wap** Program



## 2022 Webinar Schedule

Wednesdays 3:00 PM - 4:00 PM (CT)

Compliments of Your Employee Assistance Program

Join us one afternoon a month for a complimentary 60-minute training webcast. Reserve your seat online through our registration link - distributed via email within two weeks of each webinar.

### Leadership Webinar Series

- ✓ 1/19 Effective Leadership
- ✓ 4/20 Dealing with Difficult Employee Behavior
- ✓ 7/20 Giving Feedback for Managers
- ✓ 10/19 Confronting Workplace Bullying & Harassment for Leaders

- 1/12 Plan Your Way to Wellness
- 2/09 Conquering the Fear of Failure
- 3/09 Mental Health Awareness
- 4/13 Staying Motivated on the Job
- 5/11 Healthy Relationships
- 6/08 Finding Balance
- 7/13 Defusing Hostile Customers
- 8/10 Nutrition 101
- 9/14 Personal & Professional Resilience
- 10/12 Choosing Happiness
- 11/09 Creating Healthy Habits
- 12/07 Problem Solving

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