2024
Webinars on Demand

January 16  Money Matters - Navigating Emotions for Financial Wellbeing
Discover how emotions can influence spending, trigger procrastination in challenging decisions, and impact your long-term financial health.

February 20 Positive Impact - Become the Influence
Learn the art of being a positive influencer and how to inspire those around you, whether at work, at home, or in community.

March 19 Bonding with Pets
Explore the impact of pets on your life and how the presence of a pet can enhance your mental and emotional wellbeing.

April 16 Food for Thought
Explore the connection between your plate and your physical health and how eating mindfully can nurture your mental wellbeing.

May 21 Balancing Act - Strategies for Mental Health
Explore effective strategies that can help you nurture and enhance your mental health.

June 18 Living Well 365 - Igniting Motivation for a Fulfilling Life
Explore strategies for self-care to improve physical health, nurture mental wellbeing, foster positive relationships, and adopt healthy habits.

July 16 Parenting Adolescents - Understanding Gen Z in Your Home
Equip parents and caregivers with insights and practical strategies to navigate the unique challenges and opportunities with teenage children.

August 20 Harnessing Positive Reinforcement for Success
Discover how recognition can inspire motivation, reinforce desired behaviors, and strengthen bonds in personal and professional spheres.

September 17 Crafting Joy: Finding Fulfillment in Creative Pursuits
Discover the art of trying new things, from exploring uncharted territories to diving into fresh hobbies that ignite your passion.

October 15 Aging Parents, Renewed Connections
Transitions of aging can sometimes be challenging, yet they also offer unique opportunities to deepen our relationships and rekindle connections.

November 19 Laughter Helps
Discover how a good laugh can boost your mood, strengthen relationships, and unlock a wealth of other benefits in this session.

December 17 Toolbox Talks
Take inventory of the different tools you have in your figurative toolbox and look at things differently.

Accessing Webinars On Demand

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