

Well-Being Solutions

Well-Being Solutions, your Employee Assistance Program, is here to help with life's challenges.

We offer free interactive webinars to give you guidance and support.



These webinars are FREE to you, your dependents, and any household member. Take advantage and learn how you might help yourself and your loved ones.



07/25/2024 10:00am

Learning to Say "No" - <https://attendee.gotowebinar.com/register/2080893265481741404>

Overview - Saying "no" can often be difficult. It can create feelings of guilt or fears of displeasing others. Nevertheless, the word "no" is one of the most important words in our language. The ability to say "no" is critical skill that many have never developed or fear to use. This workshop will address the skills involved in learning to respectfully say "no" in order to build and maintain healthy self-esteem.

Objective- Identify the reasons why it is important to say "no". Describe the distinctions between passive, aggressive and assertive behavior. Identify the most common obstacles to saying "no". Describe the real and imagined consequences of saying "no".



Aug 08, 2024 10:00am

Supporting Employee Well-being: What Can You Do as A Manager? - <https://register.gotowebinar.com/register/1662386154601376096>

Overview - Organizations are investing in benefits to improve employee wellbeing, and taking on initiatives to foster a culture of wellbeing in the workplace. However, many employees still feel that their job is an obstacle to their wellbeing rather than a help. What can you do as a manager to shift that perception? This session will discuss practical ways to show employees that you and your organization support their wellbeing.

Objective - Describe ways in which a manager can promote employee wellbeing. Become an advocate for wellbeing resources available to your employees. Have productive conversations with employees to address concerns that work is negatively impacting their wellbeing, Lead by example in demonstrating that you place a high priority on your own wellbeing



Aug 22, 2024 10:00am

Managing Remote (Or Hybrid) Employees - <https://attendee.gotowebinar.com/register/3965815735792135259>

Overview- As organizations make remote and flexible arrangements a permanent part of the work environment, some leaders worry: "How do I know if my employees are really working?" This training will cover new dynamics of leadership in this changing environment, and discuss whether the question above is really the best one for you to be asking yourself (hint, it's not). This session will discuss common concerns in the remote environment including miscommunication, inefficient meetings and the value of trust. Key skills include managing communications, establishing meeting guidelines and identifying workplace behaviors that build, sustain, or break trust.

Objectives-Identify the best ways to manage remote employees. Recognize common mistakes that lead to miscommunication. Understand how to increase meeting efficiency. Recognize how trust in the remote workplace affects business results.



Sept 5, 2024, 10:00am

Managing Staff Through Stressful Situations - <https://attendee.gotowebinar.com/register/8395441320357502812>

Overview- When facing heightened stress, employees react in diverse ways. For some, stress leads to a drop off in performance, lowered morale or emotional outbursts. For others, high-pressure, stressful situations actually become an opportunity to shine. As a manager, it's difficult to anticipate the multitude of reactions you're likely to observe during times of stress, and even harder to be equipped with the tools to handle them all. This workshop helps you plan for the expected and the unexpected and provides practical tools for dealing with both positive and negative employee behaviors during stressful times.

Objectives- Anticipate the physical, emotional, cognitive and behavioral reactions you observe among employees. Describe how personal accountability helps people cope with stressful times. Handle problematic employee behavior effectively and empathetically. Practice self-care techniques to manage your own stress during challenging times

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