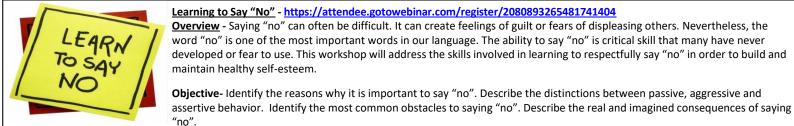
Well-BeingSolutions

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

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07/25/2024 10:00am





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



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

<u>Overview</u>- 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.

<u>Objectives</u>-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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You can also visit the Well-Being Solutions website at: <u>https://www.guidanceresources.com</u> At the top of the page, click "More", then "On Demand Training" to find our Webinar Library.