



WEBINARS FOR 2023

Webinars feature **engaging, interactive and action-oriented strategies** that increase your understanding and skills.

Webinar Length

All Employee webinars are 1 hour in length including time for questions unless noted. Management Webinars are 1.5 – 2.0 hours.



Webinars for Care Givers / Health Care Organizations (These webinars are 30 mins.)

- **NEW!** Part 1 – Communication Skills for the Workplace
- **NEW!** Part 2 – Communication Skills for the Workplace
- **NEW!** Resolving Conflict in the Workplace
- **NEW!** Respectful & Positive Workplace Relationships
- **NEW!** Creating Healthy Teams
- **NEW!** Managing Compassion Fatigue
- **NEW!** Practical Stress Reduction Tools
- **NEW!** Shift Work: Making It Work for You



Communication Webinars

- Conflict Resolution Skills for the Workplace
- Dealing with Difficult Behavior
- Effective Assertive Communication
- Respectful and Positive Interaction in the Workplace
- **NEW!** Part 1 – Communication Skills for the Workplace (30 min.)
- **NEW!** Part 2 – Communication Skills for the Workplace (30 min.)
- **NEW!** Resolving Conflict in the Workplace (30 min.)
- **NEW!** Respectful & Positive Workplace Relationships (30 min.)
- **NEW!** Creating Healthy Teams (30 min.)



Health and Wellness Webinars

- Better Sleep, Better Health
- Deep Relaxation for Better Sleep
- Five Tips for Deeper Sleep
- **NEW!** It's Not Selfish It's Self-Care
- **NEW!** Shift Work: Making it Work for You
- Jumpstart to a Healthier You
- Life in the Fast Lane: A Guide to Healthy Eating
- Letting Your Emotions Interfere with Eating
- **NEW!** Sleepwise: A Family Guide to a Good Night's Rest
- **NEW!** Strategies for Weight Control
- Healthy Living for your Brain and Body™*

* Presented for Concern by the Alzheimer's Assoc.



Self-Development

- Building a Positive Attitude
- Emotional Intelligence
- The Road to Balance: Your Work and Family Life



Stress & Resilience Webinars

- A More Resilient You (30min or 1hr)
- Practicing Gratitude to Improve Resilience
- Resilience in Times of Change
- How to Avoid Running on Empty
- Making the Holidays Happy

- Navigating Your Emotions During Turbulent Times
- Mindful Self-Awareness
- Mindfulness: Time to Practice (30 min.)
- Overcoming Overwhelm: Handling Stress Well
- **NEW!** Practical Stress Reduction Tools (30 min.)
- Putting Out the Fire: Managing Burnout
- Relaxation Techniques for Wellness and Stress Reduction
- Relaxation Techniques: Time to Practice (30 min.)
- Strategies for Managing Compassion Fatigue and Burnout
- Understanding and Managing Stress (30 min.)



Time Management Webinars

- Strategies for Managing Multiple Priorities
- **NEW!** The Struggle is Real: Strategies for Time Management
- Time Management Approaches: Planning Time in Our Busy Lives



Eldercare Webinars

- Caring for Aging Adults



Financial / Legal Webinars

Hosted by our Financial Partners at My Secure Advantage MSA and Legal Partners at CLC

- Avoiding Holiday Shopping Fraud (CLC)
- Disaster Proof Your Finances
- **NEW!** Adjusting Finances During Challenging Times (MSA)
- Estate Planning 101 (CLC)
- Financial Setback? Regroup & Rebuild (MSA)
- Investing: Education for Beginners (MSA)
- Money Basics: Let's Build a Plan (MSA)
- **NEW!** Planning Future Medical Decisions (CLC)



Parenting Webinars

- Parenting for Positive Behavior
- Technology's Impact on Your Children
- The Working Parent
- Parenting Teens



Work and Career Webinars

- Making Time for Everything: Dual Careers and Family Life
- Prospering through Changes at Work



Workplace Issues for Employees

- Concern Employee Benefits Orientation (*No Charge - Presented by your Account Executive*)
- **NEW!** Adjusting to a Reduced Workforce
- Recognizing a Colleague in Need
- Sexual Harassment Awareness for Employees (CA Only)**
- Substance Abuse in the Workplace
- Valuing Diversity for Employees



Management Webinars (1.5 – 2.0 Hours)

- Improving Communication & Team Building Skills
- Managing Organizational Transitions
- Overcoming Overwhelm: Handling Stress for Managers
- Recognizing an Employee in Need
- Managing Impact of Workforce Changes
- Sexual Harassment Awareness for Managers/ Supervisors— 2.0 hours mandatory (Calif. Only)**
- Substance Abuse in the Workplace
- Workplace Conflict Tools and Techniques

*** (This course meets the requirements of California AB: 1825, Training for Supervisors, AB: 2053, Abusive Conduct, SB: 396, Gender Issues & SB: 1343, Training for Non Supervisors.)*

Scheduling Timeline: 4 weeks for standard webinars, 5 weeks for financial topics

of Participants: Webinar: Concern hosted up to 250

Cancellation Policy: Cancellation with less than 3 business days' notice for Standard Webinars and 5 business days' notice for Financial Webinars may result in a fee or forfeit of on-site hours.

Set-Up: Webinar: Host will set up and send invitation/link.

Recording: Video or audio recording is **not allowed** without written permission.

Scheduling a Webinar:

Contact your Account Executive or send an email to Concern's Training Coordinator at theresa_gilmour@concernhealth.com