



You are cordially invited to join the WHS DoD EAP weekly web-based presentations on Tuesdays at 3:00pm ET.

Training Topic: Retiring in a Recession - Building a Fool-Proof Financial Plan
Date and Time: November 1 at 3:00pm ET
Trainer: Andrew Hall

Training Description:

Training Topic: Caregiving Legal/Financial Issues
Date and Time: November 8 at 3:00pm ET
Trainer: Work Life Representative

Training Description:

This seminar will discuss locating and organizing important documents, executing or updating important legal documents (e.g., wills, trusts, advance directives, guardianships/conservatorships), finding an elder care attorney, and planning for your own future.

Training Topic: Cultivating Civility in Your Work Environment
Date and Time: November 15 at 3:00pm
Trainer: Andrew Gallarneau

Training Description: Americans report deep concern regarding incivility. Workers in uncivil conditions report low morale and motivation as well as negative impact on personal lives. The good news is many say they are hopeful, noting individuals as top drivers for change, and they are willing to take responsibility and action. In this training, participants will learn about workplace civility, negative impacts of incivility, the value of being a part of and promoting a positive and civil workplace.

Training Topic: Developing a Positive Mindset
Date and Time: November 29 at 3:00pm
Trainer: Alan Tamai

Training Description: What is a positive mindset and how can you use it to build a better life? Having a positive mindset means developing a set of ideas, emotions, and actions that allow you to respond constructively to negative circumstances and make the best of those situations. This training will help you develop a new perspective and tips for applying positive mindset practices to your life.

Training Topic: Retirement and Estate Planning
Date and Time: December 6 at 3:00pm
Trainer: Work Life Representative

Training Description:

This seminar will provide you with strategies for creating a successful retirement and estate plan. The information will help you to assess your current financial situation, set retirement goals and provide helpful resources for investment.

Training Topic: Strategies for Resolving Workplace Conflict
Date and Time: December 13 at 3:00pm
Trainer: Stephanie Payne

Training Description: Conflict is normal, a natural part of relationships and is inevitable. This can be especially true in today's diverse workplace. Yet unaddressed and unresolved conflict can be damaging to workplaces. In this training, employees will gain an understanding of why conflict happens and their response to it. They will also learn and apply strategies for effectively approaching and resolving their workplace conflicts.

Training Topic: Goal Setting to Ignite Workplace Success
Date and Time: December 20 at 3:00pm
Trainer: Andrew Gallarneau

Training Description: Goal setting is essential for workplace success. Not having goals can be equated to leaving on a trip without directions. Goals provide guidance and direction and promote planning, motivation, and inspiration. In this training, participants learn about types of goals, the importance of goal setting, creating attainable goals, managing obstacles, and tracking progress.

To join the meeting: Click on the following link to access the webinar. The Adobe Room is limited to 1,000 participants. Access to the Adobe Room will be available half an hour prior to the start of the webinar, 2:30pm ET.

<http://magellanhealth.adobeconnect.com/afdonwhs/>

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Participant Code: 969935

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