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

Training Topic: Daily Stress Balance and Worklife Survival Guide
Date and Time: October 3, 2023 @ 3:00 p.m. ET
Trainer: Adam Skibell
Training Description: As we go through our daily juggles, balance is something we all want, but many of us struggle to achieve. Often, the struggle to find balance stems from a lack of clarity in what is truly important to us and how we spend our time. In this training, participants will personally define balance, discuss the influence of values and roles on balance, and examine how current roles align with their values. Participants will also learn life hacks to simplify their lives to allow more time to focus on what is most important to them.

Training Topic: Holiday- No Presentation
Date and Time: October 10, 2023
Trainer:

Training Topic: Depression
Date and Time: October 17, 2023 @ 3:00 p.m. ET
Trainer: Work Life Representative
Training Description: Depression occurs in all genders, ages and backgrounds. It's among the leading causes of disability worldwide and affects about 121 million people. We will review the causes, symptoms and impact of depression as well as ways to seek and receive help.

Training Topic: Goal Setting to Ignite Workplace Success
Date and Time: October 24, 2023 @ 3:00 p.m. ET
Trainer: Kevin Carrico
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.

Training Topic: Overcoming Stress and Burnout
Date and Time: October 31 @ 3:00 p.m. ET
Trainer: Tammy White
Training Description: Everyone experiences periods of stress, and most of the time, they're able to manage them and go about their day. However, if stress is constant or left unmanaged, it can turn into burnout. That said, there is hope! In this training participants will learn the signs and causes of burnout and practical tips and lifestyle changes to help manage stress and prevent burnout.

Training Topic: Tools to Live Your Best Life
Date and Time: November 7, 2023 @ 3:00 p.m. ET
Trainer: WorkLife Representative
Training Description: This seminar walks participants through the various tools to enhance our lives. It reminds and teaches us the importance of prioritizing our mental and physical health. We will review best practices and encourage all to add to this critical tool kit.

Training Topic: How to Thrive this Holiday Season
Date and Time: November 14 @ 3:00 p.m. ET
Trainer: Carolina Perez
Training Description The holidays can be a wonderful time of year, full of fun activities and joy! If that is the case, have you wondered why so many people feel extra stress this time of year? For some, the holidays bring forth painful emotions. For others, it is a time of feeling overcommitted or financially stretched. All is not lost; there is a way to manage holiday stress. In this training, participants will identify what triggers stress during the holidays and learn coping skills to thrive this season.

Training Topic: Holiday- No Presentation
Date and Time: November 28, 2023
Trainer:

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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.

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