

January 12, 2022 | 1:00–2:00pm ET***Strategizing Taxes to Improve Your Future Well-Being***[Register](#)

Obtaining financial wellness can certainly seem challenging in these uncertain times. Start off the year by attending this webinar on utilizing volatility to your tax advantage. Our speaker from the Institute for Financial Education (ifeonline.org) will review how to eliminate variables for retirement, use tax advantaged dollars efficiently, and reveal why the next five years are crucial for long-term tax planning.

February 9, 2022 | 1:00–2:00pm ET***Self-Care: Dealing with Stress***[Register](#)

You've heard the directions on an airplane that in the event of an emergency you should put on your mask first before assisting your child with theirs, right? This is to ensure you're better able to take care of your child and is a lesson we all should be mindful of in times of stress: take care of yourself first to better handle stresses that lie ahead. Join us as we cover types of stress and reveal self-care strategies that can help you prevail through it and nurture your spirit.

March 9, 2022 | 1:00–2:00pm ET***Remote Worker Well-Being: Managing Your Time, Energy, and Organization***[Register](#)

According to a 2022 report by Global Workplace Analytics, regular work-at-home has grown 216% since 2005. While the ability to telework has been increasing for many years, the pandemic has given even more rise to the trend. Although working from home has many appealing benefits, it does take some getting used to and can present some unique and unexpected (but very manageable) challenges. Whether you've worked remotely for years or you're still adjusting to the concept, this webinar provides valuable tips for managing your time and energy and for staying organized and productive while on the job at home.

FOR SUPERVISORS**March 23, 2022 | 1:00–2:00pm ET*****Whole-Team Health: Best Practices for Managing and Supporting Teleworkers***[Register](#)

Managing a remote team is the latest sought-after skill for leaders. Many supervisors, however, find themselves with little or no prior training to manage remote workers and have had to get creative to ensure their teams remain engaged, connected, and performing at a high level. Join this webinar for tips to help you manage a remote workforce with ease and skills to tackle this challenge directly so you and your team can thrive, not just survive.

April 13, 2022 | 1:00–2:00pm ET***Improving Your Financial Wellness by Understanding Your TSP***[Register](#)

It's important to prepare for retirement, and leveraging your TSP is an excellent way to save and accumulate funds. Join us as a financial expert from The Institute for Financial Education (ifeonline.org) discusses ways to safeguard and grow your TSP, avoid taxes, and let your money start working for you and your retirement goals.

May 11, 2022 | 1:00–2:00pm ET***Coping with COVID: Ways to Adjust to Your New Normal***[Register](#)

The COVID pandemic has been a devastating and disruptive force on life as we once knew it. If you constantly feel as though you're in limbo and have anxiety about what may lie ahead, or you can't quite find a schedule that seems to flow and often feel unorganized, you're not alone. And because it seems that COVID is here to stay, this webinar is designed to help you identify coping strategies to improve your natural resilience to change and provides tips on how to have more good days than bad.

June 8, 2022 | 1:00–2:00pm ET***Whole-Team Health: Working Effectively with Multigenerational Coworkers***[Register](#)

While generational diversity is beneficial in any workplace, functioning effectively and attaining cohesion can sometimes be complicated for a team made up of several age groups. This session focuses on the value of learning from and teaching one another, appreciating each person's unique skills and experience, and finding common ground in the name of working toward a shared goal.

FOR SUPERVISORS**June 22, 2022 | 1:00–2:00pm ET*****Effective Feedback: Enhancing Your Team's Well-Being***[Register](#)

Although many managers may find it daunting, giving feedback to employees is an incredibly powerful tool. When delivered appropriately, even if it's not always positive, providing regular feedback enhances relationships with your employees and improves overall team morale and productivity. We'll help you gain desirable outcomes and happy employees by exploring practical approaches to imparting thoughtful, effective, and frequent feedback.

July 13, 2022 | 1:00–2:00pm ET***Life Insurance: Your Well-Being Asset*** [Register](#)

Most of us are familiar with life insurance policies and understand that they exist to ensure our family members are taken care of financially after we die. What some may not realize, though, is that life insurance is one of the most important aspects of a personal financial plan when it comes to protecting the future of those who depend on you and in terms of multi-generation tax, healthcare, and even investment planning. With so many policy types, benefit combinations, and coverage levels, deciding how to properly plan can be overwhelming. In this session, a financial expert from The Institute for Financial Education (ifeonline.org) will shed some light on how life insurance works, its value, and what to consider when choosing the right policy.

August 10, 2022 | 1:00–2:00pm ET***Feelings, Thoughts, and Behaviors:
How They Work Together*** [Register](#)

The way we think, feel, and act are all interconnected. At times, however, we fall into unproductive or negative thought patterns and allow our feelings to control our behavior. The key to disrupting these patterns is understanding the differences between your thoughts, feelings, and behaviors, as well as how each of them influences one another. This session helps connect the dots to improve emotional regulation and develop strategies for more productive thoughts that lead to better behavior.

September 14, 2022 | 1:00–2:00pm ET***Improving Personal Safety: Effects of
Intimate Partner Violence*** [Register](#)

According to the National Commission on COVID-19 and Criminal Justice, there's been an 8.1% increase in intimate partner violence during the pandemic. Attend this webinar to gain an understanding of relationship violence, review our nation's latest statistics, and learn the signs to watch for, who's most vulnerable, and how to get help for yourself or someone you care about. Ultimately, knowledge and awareness of this sensitive subject could be the key to saving a life.

FOR SUPERVISORS**September 28, 2022 | 1:00–2:00pm ET*****Rehumanizing Your Workforce Amid Conflict:
Reminders for Team Well-Being*** [Register](#)

Conflict can arise just about anywhere, especially at work. After all, a third of our life is spent interacting with groups of diverse coworkers. There's a delicate balance between

speaking your mind and keeping things professional, so it's crucial to handle confrontations with care. This webinar focuses on approaching workplace disagreements with understanding, empathy, and compassion, and suggests ways to constructively arrive at solutions together.

October 12, 2022 | 1:00–2:00pm ET***Account for Your Health: Understanding
Federal Insurance Programs*** [Register](#)

Making decisions about insurance coverage can be as confusing as tangled fishing lines. A financial expert from The Institute for Financial Education (ifeonline.org) will help interpret the many streams of insurance including: FEHB, FEGLI, FLTCIP, Medicaid, Medicare, OASDI, and Social Security supplement. Let's unravel these options together to help you fasten and cast your plan for the future.

November 9, 2022 | 1:00–2:00pm ET***Cultivating Contentment for Improved
Mental Health*** [Register](#)

Better mental health is linked to contentment and life satisfaction. While we can't be completely content all the time, we can make it a goal and take conscious steps toward it. Join us to explore how contentment can positively affect your well-being and get tips and resources for cultivating more of it each day.

FOR SUPERVISORS**December 7, 2022 | 1:00–2:00pm ET*****Becoming a More Mindful Manager*** [Register](#)

Mindfulness has been shown to have many benefits and can be an especially valuable tool for helping managers become more effective leaders. Mindful managers are more aware, present, empathetic, and better able to see things from someone else's perspective. This session will guide you through these qualities and discuss strategies for growing and refining them to become a more mindful leader.

December 14, 2022 | 1:00–2:00pm ET***7 Thought-Provoking Questions That
Help You Find Your Life Purpose*** [Register](#)

The pandemic has magically compelled some of us to ask ourselves: What's my life's purpose? While we've had some time to ponder this mystifying question, many of us are still waiting to see what the cards will reveal. With some sleight of hand and a few tricks up our sleeve, we'll unveil strategies for conjuring more meaning in your life, and possibly pull a bunny out of your hat.