

January 13, 2021 | 1:00–2:00pm ET

Financial Planning in Uncertain Times [Register](#)

Creating financial wellness for you and your family in these uncertain times can certainly seem challenging. We invite you to begin the new year by attending this webinar on budgeting for change, TSP and benefit planning, and retirement and exit strategies. Our speaker from the Institute for Financial Education (ifeonline.org) will help you address financial insecurities and prepare you for your future inspirations.

February 10, 2021 | 1:00–2:00pm ET

***Your Roadmap to Caregiving:
Being There for Adult Loved Ones*** [Register](#)

When an adult loved one becomes ill or injured, we often assume the role of caregiver without question. Before long, questions may arise. Lots of them. The road ahead is unpredictable, and things can quickly go from dutiful to daunting, especially for first-time caregivers. And while there are no turn-by-turn directions for what you may encounter, this webinar will take participants on a guided tour of caregiving essentials as you navigate the winding road of caring for your older loved ones.

March 10, 2021 | 1:00–2:00pm ET

***Stress-Hardiness: Qualities that
Bolster Resilience*** [Register](#)

Why are some people able to handle stress better than others, and how do they do it? One reason might be that these individuals are stress-hardy, or that they've developed characteristics that protect them from the negative effects of stress and are more resilient to life's adversities. This webinar will elaborate on individual traits that you can grow over time to become more stress-hardy and bolster your resilience.

FOR SUPERVISORS

March 24, 2021 | 1:00–2:00pm ET

Curbing Confirmation Bias [Register](#)

As a supervisor, you often have to make quick decisions, though it's likely that you seldom stop to think about how you've arrived at those decisions. Sometimes, we make choices based upon information that supports our preconceived beliefs and ignore or dismiss information that might lead us to a different conclusion. Known as confirmation bias, it can override rational thinking without our even realizing it. This webinar will challenge supervisors to consider their own bias and suggest strategies to counteract it as a way to improve objective decision-making and maintain a culture of collaboration.

April 14, 2021 | 1:00–2:00pm ET

***Retirement Planning: Strategies for
Safeguarding Your Finances*** [Register](#)

After a lifetime of accumulating and growing assets and savings, how are you going to make it last? Market volatility, long-term care, death, disability, and even longevity are all significant risks. Join us as a financial expert from The Institute for Financial Education (ifeonline.org) discusses ways to safeguard retirement accounts from economic crises and offers key strategies to tax-shelter retirement funds and plan for future tax and inflation increases.

May 12, 2021 | 1:00–2:00pm ET

Facing Conflict: There's No Avoiding It [Register](#)

Conflict is inevitable, yet many of us don't know how to handle it effectively. Some of us even avoid it at all cost. But dodging conflict isn't always the best way to resolve an issue—avoidance can create resentment, stall progress, and even stir up more conflict and tension. This session provides participants with helpful tactics and expert advice on how to face challenging interactions and everyday disagreements with civility and respect.

June 9, 2021 | 1:00–2:00pm ET

The Art of Parenting Younger Kids [Register](#)

Watching toddlers explore their surroundings with curiosity often reminds parents to see the world through a novel lens. This formative period means that parents must also deal with more unpredictability, which requires increased supervision. This month, we delve into child development and what you might expect at typical milestones and transitions. We'll cover positive and effective parenting strategies to help your child develop social skills and healthy habits, and review communication techniques that work best with younger children. Unlike kids, we'll expect you to stay in your seat for this one!

FOR SUPERVISORS

June 23, 2021 | 1:00–2:00pm ET

***Focused and Flexible:
Managing Amid Uncertainty*** [Register](#)

As a supervisor, you occasionally must deliver unexpected news or announce agency changes to employees and, subsequently, mitigate feelings of loss and anxiety as they question what lies ahead—all while appearing cool and confident. This quarter's supervisor webinar examines how change impacts the individual and the organization and outlines your role in strengthening team commitment and maintaining productivity. We'll also review the importance of practicing self-care to help you stay focused and flexible during periods of instability.

July 14, 2021 | 1:00–2:00pm ET

Finance Fundamentals: Reduce Risk and Take Control of Your Future

[Register](#)

In this session, a speaker from the Institute for Financial Education (ifeonline.org) will discuss the fundamentals of your life's financial plan when it comes to avoiding financial risk and instituting attainable goals. Facets covered include budgeting by reducing expenses and increasing savings, recognizing and eliminating debt trouble, and protecting your data and identity. Ultimately, your plan should involve cash flow maximization, accumulation, and protection—we'll discuss what that means in order to help you take control of your financial future.

August 11, 2021 | 1:00–2:00pm ET

Family Secrets Revealed: Simple Truths About Healthy Family Dynamics

[Register](#)

The dynamics of family are complex. Many of us may wonder how some families seem so cohesive, while others seem more fragmented. The truth is that the health of every family is rooted in part by communication, trust, respect, and boundaries. Which way your family branches may depend on how well each of these is addressed and modeled. Join us as we reveal the secrets to help you grow and nurture a positive, successful, and healthy family unit for generations to come.

September 8, 2021 | 1:00–2:00pm ET

Habit or Addiction: What's the Difference?

[Register](#)

Having routines, keeping to a schedule, and sticking to certain regimens are normal parts of daily human operation. In fact, we're wired to crave structure in our lives. But for some people, what they feel compelled to do goes beyond habit and routine and into the realm of addiction. Addictive behavior comes in many forms and can involve almost any activity—from exercise, food, money, and video games, to sex, cell phones, social media, and substances. Discover the difference between habit and addiction and learn how to get help for a friend, a loved one, or yourself.

FOR SUPERVISORS

September 22, 2021 | 1:00–2:00pm ET

Problem-Solving Consultations: A Resource for Supervisors

[Register](#)

Your supervisor role requires you to be many things to many people. You may contemplate questions like, "What should I say to an underperforming employee? How shall I address the upcoming reorganization with the staff? What can I do if I suspect someone is drinking on the job? Should I act on my concern about performance changes in a stellar employee?" Luckily, your Employee Assistance Program (EAP) does much more than counseling. Discover how confidential consultations

with the EAP can help you get answers to these questions, problem-solve almost any management situation, improve the interpersonal aspects of supervising employees, and more.

October 13, 2021 | 1:00–2:00pm ET

Your Social Security Toolbox:

The Mechanics of Maximizing Benefits

[Register](#)

Understand the construction of your Social Security benefits with the oversight of a financial expert from the Institute for Financial Education (ifeonline.org). This webinar will help you design a plan to minimize taxation, maximize your claiming strategies, coordinate required minimum distributions, and build up your estate's survivor benefit. You'll come away with a Social Security toolbox that's flexible, in control, and under warranty.

November 10, 2021 | 1:00–2:00pm ET

Lighting the Way for Less Holiday Stress

[Register](#)

The holidays bring about a myriad of feelings. For some, it can certainly be a joyful time of celebration with family and friends, though for others, it's a time of sadness and feeling overwhelmed. Join us as we light up a path toward a holiday season with less stress. We'll go over the river and through the woods to examine sources of holiday stress, suggest ways to regulate emotions, and review coping strategies. We'll also share tips for tying a bow on your holiday tasks, making a budget (and checking it twice), and celebrating in ways that hold meaning for you.

FOR SUPERVISORS

December 1, 2021 | 1:00–2:00pm ET

More Than a Boss: Key Strategies to Become a True Leader

[Register](#)

All leaders are bosses, but not all bosses are leaders and the differences are crucial. Do you simply oversee your staff, or do you motivate and inspire them? Are your employees a group of subordinates, or a team of supporters? Do you merely show up to work, or do you put in the work, too? How your employees see you affects the amount of effort they give, their level of loyalty, and more. This webinar reveals how supervisors can evolve into true leaders by elevating skills and fine-tuning their management style.

December 8, 2021 | 1:00–2:00pm ET

Tune In to Mindfulness to Tune Out the Negative

[Register](#)

It's sometimes difficult to scan through the negativity we encounter each day and tune in to something more positive. But we can learn to seek out the good—just as we change the station when a song that we don't like comes on the radio—with a bit of mindfulness. Join us as we explore frequencies of mindfulness to tune in the positive and tune out the negative.