

Stay up to date with the latest in empowering information for emotional and physical wellbeing, and trending topics for workplace leaders.

With a focus on positive outcomes through clinically validated methods and online tools, we help today's diverse workplace thrive by improving the lives of their members and families. The following is the communication and training calendar for 2022. Dates and topics are subject to change to accommodate current issues or events trending in the US.

JANUARY	WEBINAR: PERSONAL ADVANTAGE	1/1	Achieving Harmony: How to Maintain a Healthy Work/Life Balance: In this webinar you will learn how to recognize the signs of poor work life balance, create manageable goals, plan your time productively, and distinguish when you need support and how to get it.
	NEWSLETTER: MEMBER	1/1	Financial Health in 2022: Using your EAP and other resources for financial planning, budgeting and will preparation; Wellbeing assessment: what are the wellbeing and stress scores? What can you do about it?
	NEWSLETTER: SUPERVISOR	1/1	Trending HR and Leadership Topics.
	WEBINAR: SKILL BUILDING	1/20	Personal Values: Uncover your personal values, and activities that align with them based on your personal recipe for happiness: your value system.

FEBRUARY	WEBINAR: PERSONAL ADVANTAGE	2/1	Family Ties: In this webinar, we will discuss communication skills, and the ways in which children cope with life issues.
	NEWSLETTER: MEMBER	2/1	Heart Health Month: Heart disease, lifestyle, risk factors, mind-body health; What is coaching vs. counseling?
	NEWSLETTER: SUPERVISOR	2/1	Trending HR and Leadership Topics.
	AWARENESS EVENTS ...		National Awareness Events & Communications: Heart Health Month, Wear Red Day, Random Acts of Kindness Week.
	WEBINAR: SKILL BUILDING	2/17	Mindset: Learn to identify and retrain unhelpful thoughts.

MARCH	WEBINAR: PERSONAL ADVANTAGE	3/1	Riding the Waves of Change: Learn techniques for successfully navigating change and using it as an opportunity for learning and growth.
	NEWSLETTER: MEMBER	3/1	Healthy Changes for Sleep: Healthy changes for sleep, rest and relaxation; Embracing change; Scheduling time for yourself.
	NEWSLETTER: SUPERVISOR	3/1	Trending HR and Leadership Topics.
	AWARENESS EVENTS ...		National Awareness Events & Communications: Sleep Awareness Week, Nutrition Week.
	WEBINAR: LEADERSHIP	TBA	60-Minute Webinar and Q&A with Speaker Panel: What Employees Expect from Leaders for Mental Health Support. <i>Speaker panel and date will be announced.</i>
	WEBINAR: SKILL BUILDING	3/17	Improving Sleep: Learn skills to help calm the body and quieten the mind.

Newsletters are available the 1st day of each month and past issues are available on worklife.uprisehealth.com.

APRIL

- WEBINAR: PERSONAL ADVANTAGE** 4/1 **Empathy on Empty:** Even the most empathic person can become so overwhelmed by the chronic stress associated with caregiving that negative attitudes start to take over. Join us and learn techniques to help cope with compassion fatigue.
- NEWSLETTER: MEMBER** 4/1 **Alcohol Awareness Month:** Health risks associated with drinking, support for loved ones, resources for recovery, and recognizing triggers; Alcohol and addiction mindfulness.
- NEWSLETTER: SUPERVISOR** 4/1 **Trending HR and Leadership Topics.**
- AWARENESS EVENTS** ... **National Awareness Events & Communications:** Alcohol Awareness Month, Counseling Awareness Month, Stress Awareness Month.
- WEBINAR: SKILL BUILDING** 4/21 **Alcohol & Addictions:** Problems with alcohol and addictions are common. We show you some great tools to help you make the choices you want to make for your recovery.

MAY

- WEBINAR: PERSONAL ADVANTAGE** 5/1 **Addressing the Elephant in the Room: Grief, Illness, and Family Caregiving:** This webinar will provide practical advice for how to communicate, and request the support needed to balance work and home life.
- NEWSLETTER: MEMBER** 5/1 **Mental Health Awareness Month:** Awareness and community support for mental health, PTSD, and trauma; Time for a "re-check" on your wellbeing assessment?
- NEWSLETTER: SUPERVISOR** 5/1 **Trending HR and Leadership Topics.**
- AWARENESS EVENTS** ... **National Awareness Events & Communications:** Mental Health Awareness Month, Children's Mental Health Awareness Month.
- WEBINAR: LEADERSHIP** TBA **60-Minute Webinar and Q&A with Speaker Panel:** Engaging Your Team with a Culture Focused on Mental Health. *Speaker panel and date will be announced.*
- WEBINAR: SKILL BUILDING** 5/19 **Not Feeling Good Enough:** This course shows you steps to changing the personal standards that cause self-doubt and self-criticism.

JUNE

- WEBINAR: PERSONAL ADVANTAGE** 6/1 **How to Talk to Your Partner About Money:** In this webinar, we'll discuss why money can be such a problematic issue and offer practical strategies to have productive, connected conversations about money.
- NEWSLETTER: MEMBER** 6/1 **Men's Health:** Awareness and prevention of physical and mental health issues, including tips and resources for healthy living; What to expect on a coaching call.
- NEWSLETTER: SUPERVISOR** 6/1 **Trending HR and Leadership Topics.**
- AWARENESS EVENTS** ... **National Awareness Events & Communications:** Men's Health Awareness Month, Summer Safety, PTSD Awareness Month.
- WEBINAR: SKILL BUILDING** 6/23 **Stress Management:** Learn how to reduce the sense of pressure and stress using the 'Retraining Thinking' Skill.

New for 2022: Quarterly leadership webinars are planned at least one per quarter with additional events to be added throughout the year.

JULY

- WEBINAR: PERSONAL ADVANTAGE** 7/1 **Working it Out In the Workplace:** It's essential to create and maintain positive relationships for your own personal and organizational success. During this webinar, we'll explore common challenges and provide you with steps for navigating them.
- NEWSLETTER: MEMBER** 7/1 **Whole Person Health:** The mind and body connection for mental and physical health.
- NEWSLETTER: SUPERVISOR** 7/1 **Trending HR and Leadership Topics.**
- AWARENESS EVENTS** ... **National Awareness Events & Communications:** UV Safety Awareness Month, Healthy Vision Month.
- WEBINAR: SKILL BUILDING** 7/21 **Compassion Fatigue:** Learn how to identify the signs of compassion fatigue, in yourself and others, and what to do to take care of yourself.

AUGUST

- WEBINAR: PERSONAL ADVANTAGE** 8/1 **As Our Parents Age:** This webinar will cover how to assess a parent's needs at each stage of aging, how to have difficult conversations, finding support for emotional and health issues, and balancing self-care with caregiver responsibilities.
- NEWSLETTER: MEMBER** 8/1 **Immunization Awareness Month and Back-to-School Planning:** Immunization awareness and chronic diseases, and back-to-school planning for families; Interactive exercises on the Uprise app: chatbot exercises.
- NEWSLETTER: SUPERVISOR** 8/1 **Trending HR and Leadership Topics.**
- AWARENESS EVENTS** ... **National Awareness Events & Communications:** Immunization Awareness Month, Back-to-School.
- WEBINAR: LEADERSHIP** TBA **60-Minute Webinar and Q&A with Speaker Panel:** Trending topic for today's diverse workplace. *Speaker panel and date will be announced.*
- WEBINAR: SKILL BUILDING** 8/18 **Focus, Productivity and Procrastination:** Recognizing and choosing to pay attention to behaviors consistent to our values can improve productivity and focus.

SEPTEMBER

- WEBINAR: PERSONAL ADVANTAGE** 9/1 **Navigating Divorce:** Regardless of where you are in the process, this dynamic session will empower you with information, tools, and resources to support you during and after your divorce.
- NEWSLETTER: MEMBER** 9/1 **Suicide Prevention and Awareness Month:** Recognizing warning signs, helping someone in crisis, and accessing resources for crisis support; How do you know if you should use coaching?
- NEWSLETTER: SUPERVISOR** 9/1 **Trending HR and Leadership Topics.**
- AWARENESS EVENTS** ... **National Awareness Events & Communications:** Suicide Prevention and Awareness Month, National Recovery Month, Pain Awareness Month.
- WEBINAR: SKILL BUILDING** 9/22 **Pain & Fatigue Management:** Learn about pain and fatigue, including activity levels, dealing with worries, and breathing.

The monthly webinars with Personal Advantage are available on the 1st day of each month and past topics are available for viewing at any time.

OCTOBER

- WEBINAR: PERSONAL ADVANTAGE** 10/1 **Managing Your Finances Paycheck to Paycheck:** Join us for this very practical and actionable webinar on budgeting. Learn how to create your budget and set financial goals.
- NEWSLETTER: MEMBER** 10/1 **Women's Health Month & Breast Cancer Awareness Month:** Awareness and prevention of physical and mental health issues, resources for healthy living, and information for breast cancer awareness; Time for a new Wellbeing assessment?
- NEWSLETTER: SUPERVISOR** 10/1 **Trending HR and Leadership Topics.**
- AWARENESS EVENTS** ... **National Awareness Events & Communications:** World Mental Health Day, Women's Health Month, Breast Cancer Awareness Month, Prescription Take Back Day.
- WEBINAR: SKILL BUILDING** 10/20 **Helping Others:** Learn the key skills to help someone else with their mental health like early warning signs and how to start a conversation about mental health.

NOVEMBER

- WEBINAR: PERSONAL ADVANTAGE** 11/1 **Mindset for Success:** You will leave this webinar armed with strategies for making simple shifts in thinking that can lead to great change.
- NEWSLETTER: MEMBER** 11/1 **Heart Health Month:** Resources about quitting smoking, supporting loved ones, and lung cancer and COPD; The Great American Smoke Out Day is November 17, 2022; Your score over time: the importance of tracking your wellbeing levels
- NEWSLETTER: SUPERVISOR** 11/1 **Trending HR and Leadership Topics.**
- AWARENESS EVENTS** ... **National Awareness Events & Communications:** Great American Smokeout, Diabetes Awareness Month, National Stress Awareness Month.
- WEBINAR: LEADERSHIP** TBA **60-Minute Webinar and Q&A with Speaker Panel:** Trending topic for today's diverse workplace. *Speaker panel and date will be announced.*
- WEBINAR: SKILL BUILDING** 11/17 **Mindfulness/Control vs Mindfulness:** Discover how noticing and accepting thoughts and emotions reduces stress and anxiety.

DECEMBER

- WEBINAR: PERSONAL ADVANTAGE** 12/1 **Deep Relaxation for Better Sleep:** In this webinar, we will focus on mind/body relaxation, one of the most important factors in falling asleep, staying asleep and getting restorative sleep.
- NEWSLETTER: MEMBER** 12/1 **Handling the Holidays:** Stress management and wellbeing for a healthy season; Mental health reflections.
- NEWSLETTER: SUPERVISOR** 12/1 **Trending HR and Leadership Topics.**
- AWARENESS EVENTS** ... **National Awareness Events & Communications:** Persons with Disability Awareness, Holiday Stress.
- WEBINAR: SKILL BUILDING** 12/15 **Advanced Mindset:** Get inspired on ways to improve your work and life in the new year.