



Pre-recorded webinars  
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# Free pre-recorded webinars through your Employee Assistance Program

You're a busy professional, which means you put in a lot of hours at work and at home. While you love the idea of personal and career development, putting yourself first always seems to come last. That's why your Employee Assistance Program (EAP) offers convenient, cost-free ways to grow your mind and talents at any time. Check out the list of free, pre-recorded webinars below and log on to [ndbh.com](http://ndbh.com) when it works for you. You never know when a short lesson can make a long-term difference.

## JANUARY | Do Your Bucket List: 7 Ways to Up Your Focus on Things that Matter

Whether it's running a marathon, meeting somebody or losing 10 pounds, we all have that next thing we want to accomplish in life. But it's so easy to lose focus on personal growth in the rush of daily life. Get inspired and get practical with these seven strategies to increase your focus on that next bucket list item. Life without regrets is possible, you just need to get focused.

## FEBRUARY | Tax Saving Strategies

Review step-by-step the different sections of the 1040 and how you can maximize savings. What is the difference between a tax deduction and a credit? How can I minimize taxes? Give yourself a raise! Learn more about smart tax planning.

## MARCH | Resilience in Times of Change

Change is an inevitable part of life. Sometimes it hits us unexpectedly, and other times it comes as a consequence of a decision we made. Either way, change can be scary if we aren't prepared to be flexible and resilient. Especially in the workplace, organizational change can impact an individual employee's performance and productivity. Thankfully, based on decades of research, we know that it isn't the change itself, but how we perceive it. In this webinar, participants will: explore the impact of change on individuals and organizations, define the concept of resilience and how it's essential to cope with change, and learn the skills necessary to foster resilience and make healthy transitions.

## APRIL | Clear Your Clutter: A Comprehensive Guide

Is your kitchen table covered in unopened mail? Is your bedroom floor covered in clothing? Is your basement a total disaster? Living with clutter is exhausting. Learning how to approach clearing the clutter can feel daunting. This webinar will offer specific, strategic ways to approach clearing it and staying organized! We'll go room-by-room to help you have an organized and restful home.

## MAY | Letting Your Emotions Interfere with Eating

How many times do you eat simply because you are bored or need comfort? We typically don't notice why we are eating and many times it's not because we are hungry, but rather our emotions are coming into play. Excessive stress, not sleeping well, anxiety and needing emotional comfort lead many of us to the refrigerator or to the snack pantry leaving us with unwanted weight gain, health issues and lowered self-esteem. Learn how to identify when you are eating emotionally and what your triggers may be. Learn how not to use food to fulfill an emotional void in this engaging, introspective webinar

## JUNE | Master Your Mind: Emotional and Physical Health Connections

You get upsetting news and suddenly feel sick to your stomach. You're nervous about a big meeting and you begin to sweat, your heart races. Examples of the mind-body connection are endless. Particularly helpful for those living with chronic illness or other health challenges, this dynamic session provides strategies that employ the mind to lessen chronic pain, reduce depression associated with physical ailments, improve health outcomes and more. You'll learn about the latest research findings and gain techniques to help you feel your best, both mentally and physically.

Together is the way forward.

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800-624-5544

## JULY | Uncovering Unconscious Beliefs

We all have unconscious beliefs or preconceived ideas. While this is normal, it's important to recognize that they can negatively impact our behavior and relationships, on both a personal and professional level. During this session, we'll show you how to tune in and bring these unconscious beliefs to the surface so that they don't get in your way. Awareness is key to setting yourself up for success.

## AUGUST | Mastering the Business of Workplace Etiquette

From basic manners to cultural differences and more, it's very difficult to succeed without a certain awareness of etiquette in the workplace and what we don't know can hurt us. During this lively session, we will identify common pitfalls and show you how to avoid them. We will also review strategies to help you shine and leave a lasting impression.

## SEPTEMBER | Funding College: 5 Steps Every Family Can Use to Build a Successful Plan

When it comes to paying for college, every dollar counts and families need a simple process to follow. In this terrific webinar, college expert Dan Bisig will share five steps every family can use to build their funding plan. Dan will share the most popular funding options available so that parents are equipped to have the "money talk" with their college-bound children.

## OCTOBER | 5 Strategies to Actually Enjoy the Holidays This Year

So often, the holidays are depicted as a time of blissful good cheer and family connection. Why do so many of us feel busy, pressured, or lonely each year instead? You have the power to do it differently this time around, no matter what the holidays hold for you. All you need is a strategy that actually works. This webinar will share five tips to actually enjoy the holidays this year and guide you in creating a customized plan to apply them to your personal holiday situation. Let the festivities begin!

## NOVEMBER | Money is Emotional: Prevent Your Heart from Hijacking Your Wallet

This webinar pulls back the curtain on why we do what we do with our money. Christine Luken's "Mindful Money Management" approach to personal finance is unique in that it harnesses the power of positive thought and emotions - and short circuits the negative ones. Participants will learn how to navigate emotional money situations with purpose and confidence, so you can ensure that your heart won't hijack your wallet.

## DECEMBER | Putting Out the Fire: Preventing and Managing Burnout

Contemporary professional demands not only cause stress, but chronic stress. Stress contributes to the development of myriad physical and mental health conditions including (but not limited to) hypertension, diabetes, depression and anxiety. Research suggests that up to two-thirds of American employees experience some degree of burnout. Burnout impacts productivity, morale and financial and legal bottom lines due to the health-related costs of burnout.

## Download anytime and watch at your pace!

In addition to these pre-recorded events, EAP offers monthly live webinars. Check them out on [ndbh.com](http://ndbh.com) or the separate live webinar handout. Virtual training webinars are also available 24/7/365 in the Health Resource Library of [ndbh.com](http://ndbh.com).

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