2017 Webinar Schedule for State of Wisconsin

January

Vision Boards: Creating the Life You Want *(live) – Thursday, January 26, 2017*
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: Steps for creating a visual display of goals, dreams and desired accomplishments.

February

Breaking the Habit of Procrastination*
Content includes: Strategies to reduce or overcome procrastination.

Building Good Credit and Improving Your Credit Score *(live) – Thursday, February 23, 2017*
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: The FICO system explained and how to use this information to improve credit scores.

March

Respect at Work *(live) – Wednesday, March 22, 2017*
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: The root causes of offensive behaviors in the workplace and how modern technology has impacted workgroup relationships.

April

Sandwich Generation: Strategies for Multi-Generational Caregiving *(live) – Wednesday, April 19, 2017*
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: Strategies that may help the Sandwich Generation (those caring for both young and older dependents) be more effective in their dual caregiving roles.

May

Getting Along with Your Co-Workers*
Content includes: How to create and maintain productive working relationships with co-workers.

Safe and Stress-Free Summer *(live) – Thursday, May 18, 2017*
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: Strategies to create a rich and rewarding summer experience for your child.

June

Turning Negatives into Positives *(live) – Thursday, June 22, 2017*
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: Ways to build confidence using mindfulness techniques and motivational strategies to facilitate lifelong change.

July

Preventing Burnout: A Balanced Life Check-up *(live) – Wednesday, July 19, 2017*
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: How to detect burnout triggers and ways to regain enthusiasm and life balance.

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August

Teaching Children to Make Wise Decisions*
Content includes: Methods for helping children develop skills for making good decisions.

Highs and Lows of Back to School *(live) – Wednesday, August 23, 2017*
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: Tips on balancing work and parenting and a brief overview of issues facing today's children.

September

What We Need to Know about Diabetes *(live) – Wednesday, September 20, 2017*
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: Simple steps that may improve overall health and prevent diabetes and pre-diabetes.

October

Eating through Celebration *(live) – Wednesday, October 18, 2017*
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: Strategies to avoid overeating at celebrations and maintain health goals year round.

November

Keeping Calm Under Pressure*
Content includes: How to respond well to stressful events.

Holiday Budgeting *(live) – Thursday, November 16, 2017*
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: Helpful skills for keeping holiday budgets in balance.

December

Winter Wellness *(live) – Thursday, December 21, 2017*
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: An overview of the immune system, ways to combat winter illnesses and strategies for staying healthy all year.

**These webinars will be available during the month listed. You may request to be notified by e-mail when it is posted.*

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