

## DoD Weekly Webinar CALENDAR – July & August

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### Tuesday, 2 July, 3 pm EST

Holiday - NO WEBINAR

### Tuesday, 9 July, 3 pm EST

EAP Orientation - Kathleen McVey

Overview EAP benefits and services.

**DOD: TEAMs Registration Link, [Here](#).**

### Tuesday, 16 July, 3 pm EST

Wellbeing for a Healthier Body and Mind - Cynthia Clark

Who doesn't want to be comfortable, happy and healthy? These are the components that make up one's sense of wellbeing. In this training, participants will explore ways to improve their overall wellbeing to help them meet the challenges of modern life. This includes learning benefits and strategies for improved physical fitness, nutrition, mindfulness, stress management and happiness.

**DOD: TEAMs Registration Link, [Here](#).**

### Tuesday, 23 July, 3 pm EST

Overcoming Stress and Burnout – Wayne Backus

Everyone experiences periods of stress, and most of the time, they're able to manage them and go about their day. However, if stress is constant or left unmanaged, it can turn into burnout. That said, there is hope! In this training participants will learn the signs and causes of burnout and practical tips and lifestyle changes to help manage stress and prevent burnout.

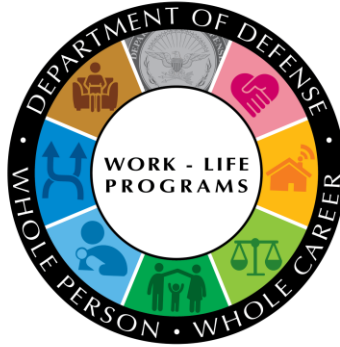
**DOD: TEAMs Registration Link, [Here](#).**

### Tuesday, 30 July, 3 pm EST

Legacy Planning - Andrew Hall

**Description** Inheritance is what you leave to someone. Legacy is what you leave in them. With proper planning, your legacy can be beyond just the inheritance you leave. The goal of this presentation is to discuss the steps to take to create a plan that gives you the confidence to create experiences with the people you care the most about and to be able to leave them assets in an organized way and with memories that live beyond you. We will discuss maximizing your estate through tools such as a will and a trust, as well as key tax planning components to consider. You don't want to be a burden; you want to be a blessing.

**DOD: TEAMs Registration Link, [Here](#).**



## DoD Weekly Webinar CALENDAR – July & August

### **Tuesday, 6 August, 3 pm EST**

Children and Stress – LifeCare

Stress impacts children as young as seven years old. This workshop outlines the causes and signs of stress. We will discuss the techniques that will help children on an everyday basis.

**DOD: TEAMs Registration Link, [Here](#).**

### **Tuesday, 13 August, 3 pm EST**

Creating Calm: Relaxing Your Mind and Body – Rachel Jabbour

Often, we hurry through our day in a stressful rush to get done as much as we can. We face tough decisions, responsibilities and obligations that can seem overwhelming at times. It is hard to imagine being able to create calm amid the day-to-day juggles; however, it can be done. In this experiential training, participants will identify triggers, signs, and symptoms of stress, as well as learn and practice techniques proven to combat stress.

**DOD: TEAMs Registration Link, [Here](#).**

### **Tuesday, 20 August, 3 pm EST**

Maximizing Your Day: Basics of Effective Time Management - Robert Denney

Today's world requires employees to do more, better, faster, and with less. If employees don't grasp the basics of effective time management, it can be challenging for them to understand what they are doing wrong and how to improve. In this training, participants will learn what it means to manage their time, the advantages of time management, and techniques to help them better manage their day.

**DOD: TEAMs Registration Link, [Here](#).**

### **Tuesday, 27 August, 3 pm EST**

Using Emotional Intelligence for Workplace Success - Stephanie Payne

Emotional intelligence (EI) is the ability to recognize and understand emotions in ourselves and others, and the ability to use this awareness to manage our behavior and relationships. It involves recognizing various aspects of our feelings and emotions and taking the time to work on the elements of self-awareness, self-regulation, motivation, social awareness, and social skills. In this training, you will learn why EI is important in the workplace and ways to improve your emotional intelligence.

**DOD: TEAMs Registration Link, [Here](#).**