

Free live webinars included in your Employee Assistance Program (EAP)

Learning can boost self-confidence, build purpose and help connect you with others. But finding the time for personal and professional development can be tough. Your Employee Assistance Program (EAP) makes this easier by offering chances to grow your mindset each month. Live and pre-recorded webinars focus on topics that can help you feel productive and think differently about life at home or at work.

For All Employees

Sessions are on Wednesdays 12 – 12:45 p.m. & 3 – 3:45 p.m. ET

01/14/26 | Conquer Your Money Anxiety

We each have a unique relationship with money, and tough times can bring anxiety. By improving our financial understanding and organization, we can ease stress and build a calmer, more confident relationship with our finances.

02/18/26 | Changes: Embracing the Journey

Change can feel scary, but it holds the potential for growth, joy, and connection. Join us to explore how introspection and reframing can empower your journey and help you embrace change with confidence.

03/18/26 | Dealing with Grief and Loss

The death of a family member or close friend is, undoubtedly, one of the most difficult experiences in life. In this session, we will discuss the process and stages of grief and learn to move toward resolution of this emotionally trying time.

04/15/26 | Managing Many Clients and Competing Demands

Feeling pulled in many directions by managers, coworkers, and customers? Join us to explore stress management, prioritization, and communication techniques to help you balance demands and build stronger collaboration with all your “bosses.”

05/20/26 | The Many Faces of Mental Health

Learn how to recognize signs of mental health challenges, support others, and reduce stigma. This seminar explores what affects mental health, how stigma impacts care, and how you can help create a more understanding and supportive environment.

06/17/26 | Effective Conflict Management in the Workplace

Conflict is inevitable, especially at work. In this session, discover your conflict style, explore the 5 conflict modes, and learn when and how to use each effectively to resolve issues and boost productivity.

07/15/26 | Leveraging Your Vulnerabilities

Vulnerability is part of being human, yet we often try to hide it. In truth, understanding and sharing your vulnerabilities can boost your productivity and strengthen your relationships.

08/19/26 | Multi-Generational Caregiving

The sandwich generation cares for both kids and aging parents. This seminar explores the emotional and financial impact, offers insight into each generation’s needs, and provides strategies to manage dual caregiving roles more effectively.

09/16/26 | Suicide Awareness

Suicide is a serious public health issue that affects people of all ages and from all walks of life. Learn how to identify early warning signs and support those who are at risk. This training provides guidance on how to respond proactively and proficiently.

10/14/26 | The Pain of Family Estrangement

Over 24% of families face painful estrangement, often between parents and adult children. Join us to explore this growing issue, approaches to healing, and ways to find peace and purpose even in the midst of broken family ties.

11/12/26 | Dealing with Challenging People

Everyone can be difficult, but some people seem to specialize in it. This session explores how to manage your reactions to negative behavior and offers tactics to turn challenging relationships into more positive, productive ones.

12/09/26 | Effectively Managing the Stress of Multiple Roles

Careers, school, parenting, relationships, and eldercare can create overwhelming stress. This seminar helps identify key stressors and offers practical strategies for organization, delegation, and effective stress management.

For All Leaders & Managers

Sessions are on Wednesdays 12 – 12:45 p.m. & 3 – 3:45 p.m. ET

01/21/26 | **Change Management**

Organizational change often makes way for progress and ultimate success, but can be painful and anxiety producing in the process. This workshop examines the concept of organizational change, typical expectations and realities, and strategies for successfully managing change, both personally and as part of the organization.

02/25/26 | **Habits of Highly Effective People**

Old habits die hard, and new ones can be tough to keep. But good habits boost health, success, and engagement. Join this workshop to learn how to break old habits, build lasting new ones, and gain the wisdom to know the difference.

03/25/26 | **Coaching Employees for Success**

Coaching can be a powerful tool in helping employees maximize their potential, but it is a skill that must be learned and practiced. Supervisors and managers will learn strategies to positively coach and motivate their employees to self-directed success.

04/22/26 | **Emotionally Intelligent Communication**

Explore how emotional intelligence shows up in communication — through email, text, phone, and video. Learn how self-awareness, social awareness, and relationship skills shape the way we connect.

05/27/26 | **Supporting Employee Well-Being**

Positive employee wellbeing improves the overall health of a business. In this session, learn how to support employee wellbeing for improved employee engagement and retention.

06/24/26 | **Effective Conflict Management in the Workplace**

Conflict is natural, but unresolved issues at work can hurt productivity and innovation. In this session, learn your conflict style, explore 5 conflict modes, and discover when and how to use each for effective resolution.

07/22/26 | **Conducting Meaningful Conversations in the Workplace**

Positive conversations with employees are easy — but tough topics like performance or attendance can be hard. This session offers strategies to handle challenging conversations with clarity, confidence, and care.

08/26/26 | **Identifying and Repairing Burnout**

Feeling low on energy? You may be experiencing burnout — and it can sneak up on anyone. Join us to learn how to spot the signs, identify the sources, and develop strategies to overcome burnout and restore your well-being.

09/23/26 | **Suicide Awareness**

Suicide is a serious public health issue that affects people of all ages and from all walks of life. Learn how to identify early warning signs and support those who are at risk. This training provides guidance on how to respond proactively and proficiently.

10/21/26 | **Empowering Your Influence**

Influence drives behavior through connection, motivation, and strategy. In this session, explore how introspection and key techniques can help you lead with positive, lasting impact.

11/18/26 | **Motivating Your Team**

Strategic leadership is often the key element governing motivation, engagement, and innovation, but not every team member is motivated in the same way. Join us to discuss tactics for improved motivation and consistently high performance.

12/17/26 | **Building Your Professional Network**

Building a professional network can seem daunting, especially if your workplace and external contacts are limited. However, 80% of new positions are acquired through networking. Join us to explore strategies for effective networking.

How to sign up

1. Visit eap.lucethealth.com
2. Enter your company code.
3. Scroll down and click on the **Explore Webinar Center** button
4. Scroll down again and click on the **Register Now** button
5. Choose your session, complete the easy registration form and receive confirmation

Questions? Call your EAP phone number below.

◆ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

Call 800-624-5544 | Visit eap.lucethealth.com



Scan to learn more at
eap.lucethealth.com