

National EAP COVID-19 Archive Webinars

1. **Building Mental Strength During the COVID-19 Outbreak 4/1/20**
2. **EAP as a Management Tool in a Crisis 4/2/20**
3. **Minding Your Mindset—Preparing Yourself to Take on the Week 4/6/20**
4. **Driving Business Success in Uncertain Times 4/7/20**
5. **Managing Anxiety During the COVID-19 Outbreak 4/8/20**
6. **Therapist Talk: Q&A About Thriving During COVID 4/9/20**
7. **Motivation Monday Embracing Our New Normal 4/13/20**
8. **Maintaining Employee Engagement & Corporate Culture During Turbulent Times with Jennifer Trakhtenberg 4/14/20**
9. **Remaining Emotionally Connected While Social Distancing 4/15/20**
10. **Therapist Talk Family Relationships 4/16/20**
11. **Motivational Monday: Daily Routines for Success 4/20/20**
12. **For Leaders: Transferring Your Managerial Skills to the Remote Work World 4/21/20**
13. **So You Know Your Are Anxious, Now What 4/22/20**
14. **Therapist Talk Q&A About Managing COVID-19 Related Stress While Working 4/23/20**
15. **Motivational Monday: Letting Go of What We Cannot Control 4/27/20**
16. **For Leaders: Supporting Employees Who Are Managing Grief and Loss During COVID-19 4/28/20**
17. **Working from Home Successfully During COVID-19 4/29/20**
18. **Therapist Talk Q&A About Coping with Grief and Loss During the COVID-19 Outbreak 4/30/20**
19. **Motivational Monday: Strategies for Personal Motivation During COVID-19 5/4/20**
20. **For Leaders: Change Management During COVID-19 5/5/20**



21. Positioning Yourself to respond Positively to Change 5/6/20
22. Therapist Talk: Q&A About Coping with the COVID-19 Blues 5/7/20
23. Motivational Monday: Cultivating Mindfulness Amidst the Chaos 5/11/20
24. For Leaders: Preparing for the Return to the Office 5/12/20
25. Embracing Our New Normal 5/13/20
26. Therapist Talk Q&A About Coping with Anxiety Related to Returning to the Workplace 5/14/20
27. Virtual Mediation 5/15/20
28. Motivational Monday: Letting Go of What we Cannot Control 5/18/20
29. For Leaders: Maintaining Employee Engagement During Turbulent Times 5/19/20
30. Positioning Yourself to Respond Positively to Change 5/20/20
31. Self-Care During a Crisis 6/10/20<sup>v</sup>
32. Sustaining Resiliency in 2020 6/16/20
33. Creating Psychological Safety for the Return to Workplace 6/17/20
34. For Leaders Avoiding Burnout for Yourself and Your Team 6/22/20
35. Cultivating Emotional Wellness 6/23/20
36. Managing Tough Choices and Situations 8/27/20
37. Best Practices for Supporting Working Parents 8/28/20
38. Leadership Session 4th Quarter Reset 9/22/20
39. Employee Session Conquering Caution Fatigue 9/23/20
40. FOR LEADERS Performance Management with a Remote Workforce 10/22/20
41. Open Session How are you doing, really 10/22/20
42. Open Session Preparing to Celebrate The Holidays During a Pandemic 11/18/20
43. For Leaders Sustaining Employee Trust and Engagement 11/19/20