

COVID-19 related webinars:

- [Coping with Traumatic Events Opens in a new window](#)
Traumatic events can range from acts of terrorism, war, natural disasters and infectious disease outbreaks such as COVID-19. Whatever form they take, when trauma hits close to home, it can be hard to process. This program helps identify and normalize reactions to traumatic events.
- [Get the Best of Stress Opens in a new window](#)
In this training, participants will get an overview of stress basics as well as practical suggestions for coping with stressful situations, like COVID-19. The concept of stress hardiness is also introduced as a focus for healthy stress management. In addition, attendees will get tools to help them dial down stress and better understand personal and organizational aspects of stress.
- [Best Practices for Working Remotely Opens in a new window](#)
The recent COVID-19 pandemic has forced many people to work remotely. This session will help those who do not typically work from home on a regular basis get more comfortable with this way of working. We'll discuss creating new routines and managing your time, setting up your workspace and setting boundaries between work and home.
- [Financial Best Practices in Uncertain Times Opens in a new window](#)
When markets go on a wild ride, it's understandable to feel uneasy and to question your investments and savings plans. The good news is that while market downturns happen ... so do recoveries. We'll share key considerations for heightened market volatility, as well as next steps that you can take now and in the long term.
- [Financial Impacts of COVID-19 Opens in a new window](#)
Join us as we offer information and resources, as well as answer your questions about working through the financial challenges you may face in the coming days and weeks.
- [The Human Element: Managing Fear of COVID-19 Opens in a new window](#)
Facing the day-to-day uncertainty around COVID-19 can be a lot to handle. Feelings of fear and anxiety can take a very real emotional toll. So during this time, it's especially important to be good to yourself. This video shares tips on coping with stress and focusing on what you can control. That way, you'll be ready to take on each new day with more resilience.

All available webinars:

- [Bullying and Violence in the Workplace Opens in a new window](#)
This recorded training defines workplace violence and bullying and what you and your organization can do about it.
- [Career Transitions: Taking the Next Steps Opens in a new window](#)
In this webinar we focus on reactions to possible downsizing, constructive and productive ways to deal and cope, moving forward, the next steps and job search strategies.
- [Communication Skills for the Workplace Opens in a new window](#)
Communication is the heart of all of our interactions, all of our relationships, whether they be personal or professional. At work especially, poor communication can lead to a lot of misunderstanding, a lot of errors and, unfortunately, a lot of rework. That can be really frustrating and obviously very, very costly for an organization. This webinar addresses how to communicate more effectively.

- [**Conquering Fear and Anxiety Opens in a new window**](#)
We all have anxiety and fears, some days more than others. How often do they happen? How long do they last? What impact do they have on your life? This webinar explore what fears and anxieties are and how we can conquer them.
- [**Dual Career Relationships Opens in a new window**](#)
Can two full-time professionals still be happy and successful and intimate with each other? Of course we know that answer is yes, but at the same time, we really need to delve into the how. We've put together a program to walk you through some best practices, many things that you're already doing, some good reminders and hopefully some new techniques as well.
- [**Survivor's Guide to Downsizing Opens in a new window**](#)
The business environment is one where organizations need to do what they can to survive and thrive. Unfortunately, sometimes in order to do that it affects the individuals who make up that organization.
- [**The Sandwich Generation Opens in a new window**](#)
The sandwich generation is a group of people who are raising their own children, probably working full-time, participating in a very full life, engaged in their community and other causes, and are also finding themselves in a position of caring for elderly loved ones.