



JANUARY 15

Selecting a Financial Planner

PLAYBACK

By selecting a financial planner, you can learn how to take control of your financial life. But how do you go about your search for that special planner who will guide you financially through life's twists and turns? After you've taken the first step of creating and living within a budget, it may be time to get help mapping out a timeline to plan and reach your long-term goals to achieve financial well-being.

Presented by Michael Di Maio
Founder,
New Focus – New Jersey

FEBRUARY 19

Recognizing and Understanding Implicit Bias

PLAYBACK

Implicit bias refers to unconscious attitudes and stereotypes that affect our thoughts, actions and decisions. In this session, we'll explore how implicit bias can creep into our work environments. We'll also discuss how supervisors and managers can leverage this knowledge to reduce its negative impact on decisions, behavior and employee morale.

Presented by Terri Howard
Senior Director,
FEI Behavioral Health

MARCH 18

If Change is Inevitable, Why Are We Determined to Fight It?

PLAYBACK

Navigating life's transitions can be difficult. But when you learn how to express your fears, you can put them in perspective. And when you plan for the inevitable, you can achieve peace of mind. Join us as we explore new ways to cope with change and discover how we choose to live each day is entirely up to us.

Presented by Adele Lund
Director, Community and Business Relations,
Laureate Group

APRIL 15

Mindful Stress Management: In the Workplace and Beyond

REGISTER

Stress is part of everyday life. It can range from minor annoyances, like misplacing our sunglasses, to major life challenges that affect our jobs and relationships. In this session, we'll learn how to recognize internal and external stressors and develop new strategies for responding to them effectively and mindfully.

Presented by Patrick Bryant
Director and Psychotherapist,
The Peaceful Place

MAY 20

Equity, Diversity and Inclusion: More Than a Numbers Game

REGISTER

The words "equity," "diversity" and "inclusion" (EDI) involve more than having a mixed group of people in your workplace. In this session, we'll discuss the latest strategies for ensuring that everyone in your workforce feels welcome, respected and supported—and has the same opportunities for advancement.

Presented by Terri Howard
Senior Director,
FEI Behavioral Health

JUNE 17

Violence in the Workplace: Are You Prepared?

REGISTER

Workplace violence has been escalating across the U.S. According to OSHA, employers are responsible for creating a safe work environment. In this session, we'll discuss how to conduct a risk assessment, develop training programs to increase awareness, and how to identify and respond to violence at work.

Presented by Vivian Marinelli, Psy.D.
Senior Director, Crisis Management Services
FEI Behavioral Health

JULY 15

Dealing with Student Loans

REGISTER

With skyrocketing tuition rates and stagnant wages, it's no wonder so many graduates struggle to repay their student loans. We'll discuss why student loans have become such a burden and explore strategies that eliminate debt through consolidation, pay down and refinancing. Also, we'll explore making those loan payments fit into your monthly budget.

Presented by Michael Di Maio
Founder,
New Focus – New Jersey

AUGUST 19

The Secret Life of (Having) Pets

REGISTER

It's no secret that pets bring an abundance of joy and companionship into our lives. But what isn't as well known is their many health benefits—to our physical, emotional and social well-being. We'll discuss how pets can influence our brain chemistry. Plus, we'll offer recommendations, tips and resources for selecting and caring for the right pet for you.

Presented by Ryan Atherton, MS, CEAP
Account Manager,
FEI Behavioral Health

SEPTEMBER 16

The ABCs of CBD

REGISTER

With all the buzz about CBD and cannabis, what's the straight dope? Here in the U.S., more than half of all states have legalized medical cannabis, and many have decriminalized recreational marijuana. But what does the research say? Join us as we look at the impact of these substances—good, bad or otherwise.

Presented by Randy Kratz and Michael McCafferty
Senior Account Managers,
FEI Behavioral Health

OCTOBER 21

Relationships 101

REGISTER

What is the foundation of a good relationship? Whether you're building a relationship with a co-worker, significant other or someone you just clicked with online, we'll explore the fundamentals of good relationships, discuss strategies for improving them and how you can make positive connections.

Presented by Raquelle Solon
Business Solutions Engineer,
FEI Behavioral Health

NOVEMBER 18

Cultivating Digital Wellness: Digital Declutter

REGISTER

Electronic devices. Apps. Social media. It seems like everything digital is designed to steal your time and attention. We'll discuss how social media and digital devices are designed to distract us. You'll also learn how to clear your digital clutter, set achievable goals and regain your focus—both "IRL" (in real life) and online.

Presented by Raquelle Solon
Business Solutions Engineer,
FEI Behavioral Health

DECEMBER 9

Working After a Cancer Diagnosis

REGISTER

How do you manage work and a cancer diagnosis? We'll offer practical tips, from sharing your diagnosis to dealing with side effects to creating a viable work schedule. We'll also discuss the Americans with Disabilities Act and how reasonable accommodations can help both the employee and employer.

Presented by Monica Bryant, Esq.
Co-Founder and COO,
Triage Cancer