### 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 Terni 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**

**PLAYBACK**

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 workplace feels welcome, respected and supported—and has the same opportunities for advancement.

*Presented by Terni 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 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 Altherton, 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 McCaffrey*  
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