

# OPTIMA EAP 2020 WEBINAR CALENDAR

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**January**

Mindful Meal Planning

**February**

Understanding Forgiveness

**March**

How to Have a Professional and Respectful Workplace

**April**

Birth Order: Behavioral Traits that Affect Your Life and Work

**May**

Identity Theft: What Can You Do About It?

**June**

We All Matter: Diversity in the Workplace

**July**

The Sandwich Generation: Multi-Generational Caregiving

**August**

Stay Motivated: Tips for Leveraging Your Super Power

**September**

Fixing Our Broken Sleep

**October**

Saving for the Future

**November**

Top Social Issues for Teens in Today's World

**December**

Embracing Life's Challenges: The Expected and the Unexpected

**Need Assistance? Call 1-800-899-8174**

# OPTIMA EAP 2020 WEBINAR INFORMATION

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## What is a webinar?

Webinars are video conferences that provide you with information in a relaxed, online setting. Many people enjoy webinars because they are:

- Easy to fit around your schedule
- Work well for visual learners
- Let you ask the presenter questions

In addition to monthly webinars, your Optima Employee Assistance Program (EAP) offers more than 80 on-demand training courses and other resources on OptimaEAP.com.

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## How can I access these webinars?

Our webinars are very easy to access! Just go to OptimaEAP.com, sign in with your organization's username, and choose the **Webinar** button at the top of the page to enter the Webinar Center. Then, just click to enter the session and enjoy!

You can watch archived webinars, download resources, and view the questions and answers from the session. Webinars are also available to view from your mobile devices!

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## How do I ask the presenter a question?

In the Webinar Center of OptimaEAP.com, choose **Ask the Expert!** to submit a question. The answer will pop up once the presenter submits it to the site.