

COASTLINE EAP WEBINARS 2024

February

Painless Estate Planning

Learn the simple steps you need to take to create a basic estate plan.

March

Bullying: Awareness and Effective Response

This training will cover three key areas: Bring awareness of bullying in both the workplace and schools through identifying the signs and behavior; discuss the negative impact and effects; introduce strategies & steps to combat and prevent bullying.

April

Helping You and Your Child Adjust to Divorce

Learn how to lend comfort – not confusion – to an already difficult situation and at the same time, help you manage your own feelings and anxiety.

May

Living With Loss One Day at a Time, at Home and at Work

After losing someone you care about, your life can feel like it is no longer your own. The best way to find the courage, perseverance, and desire to rebuild and redefine your new life is living with the loss, one day at a time.

June

Procrastination: Getting & Staying Motivated

Procrastination doesn't have to be a chronic problem. We'll discuss both the causes of and solutions to our patterns and ways to get motivated!

July

Household and Individual Budgeting

This webinar will help enlighten and clarify how we manage our money and how to budget properly.

August

Did you Hear Me? Active Listening as a Key to Success

Miscommunication can lead to all sorts of problems and is one of the biggest challenges in relationships. Learn some tweaks and tips for active listening that will help you to thrive at work and in your personal life.

September

Putting Out The Fire: Preventing and Managing Burnout

Contemporary professional demands not only cause stress, but chronic stress. Stress contributes to the development of myriad physical and mental health conditions. Learn how to prevent and manage burnout.

October

Investing 101

Do you want to invest but don't know where to get started? Get an understanding of what investing is, what it means, and how the "miracle" of compounding works.

November

Practicing Gratitude to Boost Your Happiness

Gratitude opens your heart and your mind allowing you to feel more present, generous, thankful, empathetic, kind, patient, positive and more aware of the beauty that surrounds you.

December

Strategies for Stress Relief

Let's talk about the symptoms of stress, how they manifest in day-to-day life and ways to effectively manage stress.



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