



# WEBINARS ON-DEMAND IN 2022

## On-line Webinar Center

Every month we offer on-demand webinars on a variety of work, life, and wellness topics. Please visit our Webinar Center at [www.coastlineeap.com](http://www.coastlineeap.com) to learn more about these trainings.

Don't worry if you miss a particular month's topic as all of the webinars will be archived on the website.

For your convenience we offer webinars with or without a certificate of completion. If you do need a certificate, please make sure to select a webinar that offers a certificate.

January – How to Maintain a Healthy Work/Life Balance

February – Family Ties

March – Riding the Waves of Change

April – Compassion Fatigue

May – Grief, Illness and Family Caregiving

June – How to Talk to Your Partner About Money

July – Working it Out in the Workplace

August – As Our Parents Age

September – Navigating Divorce

October – Managing Your Finances Paycheck to Paycheck

November – Mindset for Success

December – Deep Relaxation for Better Sleep

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