



WEBINARS ON-DEMAND IN 2023

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 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 – The Struggle Is Real: Strategies for Time Management

February – Navigating Red Tape After the Death of a Loved One

March – The Sandwich Generation: Multi-Generational Caregiving

April – Making Time for Everything: Dual Careers and Family Life

May – The Science of Happiness

June – PTSD: Let's Get the Facts

July – Planning for Retirement: It's More Than Just the Numbers

August – Engaging Empathy in the Workplace

September – Involvement and Engagement

October – Master Your Spending

November – Supporting a Loved One with Substance Misuse

December – Relaxation Rx

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