

Live Monthly Webinars

Your work/life benefit is hosting the following live webinars in 2015. All you need is an Internet connection to participate. To register, go to DONCEAP.foh.hhs.gov, select employee or family member, your command, and then Work/Life. On the Work/Life home page, look for the "Live Webinar" box in the right side navigation bar.



Setting Goals for the New Year: Resolutions That Stick!

Friday, January 23rd, 12:00 pm – 1:00 pm ET

Start the New Year off right! Join us to learn how to set and achieve new goals. Executive Coach Linda Dominguez will review why, what and how to make resolutions that are sustainable.

Overcoming Debt

Tuesday, February 10th, 12:00 pm – 1:00 pm ET

Americans are increasingly realizing that carrying too much debt can jeopardize their financial future. However, many also feel trapped by debt. This webinar will address the different types of debt and how we can work towards living a debt-free life. Topics discussed include: the difference between good debt and bad debt, the impact of interest charges, managing your spending habits, and creating good saving habits.



The Power of Positive Thinking

Tuesday, March 10th, 12:00 pm – 1:00 pm ET

Today scientists understand how attitude (positive versus negative) can impact our behavior, experiences and relationships. In this webinar we will discuss our ability to benefit from the power of positive thinking by making changes in our thought process and perspective.

If you can't make the live session you can always view the On Demand version at your leisure.

Staying Strong and Resilient

Tuesday, April 14th, 12:00 pm – 1:00 pm ET

We all face difficult times in our careers and in our personal lives at some point; the challenge is how to get back up and into the game. Participants will learn the most important skill today—how to forge forward in spite of adversity! How do you handle challenges, problems and hardships in your life? Learn strategies for staying strong and resilient, maintaining a positive outlook and reducing stress in your life.

Working Parents: How to Achieve Balance

Tuesday, May 12th, 12:00 pm – 1:00 pm ET

This webinar provides strategies that will help parents triumph in managing family and work responsibilities. We will cover developing a work/life plan; improving organizational skills; finding quality time for loved ones; tips for on the job, commuting and transitioning from work to home; travel and overtime; self-care; and stress management.

Eating Right on the Run and on a Budget

Tuesday, June 9th, 12:00 pm – 1:00 pm ET

We all make excuses for eating junk or fast food. We'll review real strategies for quick, inexpensive meals that are good choices for our health and our wealth. Learn the basics of eating healthy within your financial means as well as when to select organic foods.

Having the C-A-R-E ConversationSM

Tuesday, July 14th, 12:00 pm – 1:00 pm ET

How do you start the conversation with an older loved one about their future and end-of-life care? Where and how do you begin? When do you have this conversation? You will learn talking points and tips for having the C-A-R-E conversationSM.



Bullying: How to Protect Your Child

Tuesday, August 11th, 12:00 pm – 1:00 pm ET

This webinar provides information on recognizing the signs of bullying and how to prevent or cope with it. We will cover types of bullying, talking with children about bullying, signs your child may be being bullied, coping tips for children being bullied, and what to do if you suspect your child is bullying others.

Green Tips for the Home

Tuesday, September 8th, 12:00 pm – 1:00 pm ET

Learn the ecological and economic benefits of going green. This webinar provides concrete methods to make our homes greener; saving both money and the environment.

Managing Work & Life

Tuesday, October 13th, 12:00 pm – 1:00 pm ET

This webinar provides strategies to successfully manage your work and personal responsibilities. The topics discussed include: causes of work/life stress, assessing goals and priorities, managing personal/family responsibilities, and managing responsibilities on the job.

Beating Caregiver Burnout

Tuesday, November 10th, 12:00 pm – 1:00 pm ET

Caregivers will learn the seven ways to beat burnout and keep your stress levels at a healthy place.

Holiday Survival Guide

Tuesday, December 8th, 12:00 pm – 1:00 pm ET

We all have special feelings about the holidays. For some it's a wonderful time of celebration, family and joy. For others it's a time of sadness and feeling overwhelmed. Participants will examine sources of holiday stress and learn strategies for coping and managing their emotions, time, relationships and finances. We will share ideas for organizing holiday tasks, managing holiday demands and look at the role of holiday traditions.