



Cigna EAP Online Webinars

(Employee Assistance Program)

Jan. 17 - Maintaining Personal and Fiscal Resiliency During Tough Economic Times

Learn how to develop a “stress plan” to visualize a more positive financial future. Understand the process of prioritizing your needs and exploring the full extent of your assets. **New**

Feb. 21 - Creativity 101

Creativity is putting your imagination to work, and it's produced the most extraordinary results in human culture.”—Ken Robinson Learn to tap into your creativity and apply it in all areas of your life. **New**

March 21 - Disrupting Negative Thoughts

It's not negative thoughts themselves that are the issue; rather, it's when we believe those negative thoughts. Learn how to gain control over negative thoughts and turn them into positive ones. **New**

April 18 - Compassion Fatigue: Increasing Resiliency

Caregivers often take on the emotions of those they help or rescue. After understanding how compassion fatigue can develop, you'll learn specific strategies to reduce stress and to develop resilience. **New**

May 16 - Raising Well-Adjusted Kids

Review the current research and science behind raising well-adjusted kids. Learn tips to foster positive mental health in the children and teens in your life. **New**

June 20 - Emotional Support: Staying Balanced in a Changing World

Change impacts all aspects of life. Every change brings a chance to self-improve or self-destruct. This session explores how people who know how to manage change have more successful lives. **New**

July 18 - Managing in a Multigenerational Workplace

Identify the characteristics and key motivational factors of each generation. Explore commonalities and discuss differences to build strong teams while bridging the generational gap. **New**

August 15 - Bereavement: Coping With Loss

Grief and loss trigger conflicting emotions. Explore your own reactions to loss, from a death to divorce. Learn why some people are stuck in a “grief rut” as you discuss more healthy ways to grieve. **New**

Sept. 19 - Information Overload

Managing the enormous amount of information that is thrown at you is difficult. Understand what contributes to information overload and apply tips and tools for effectively managing information. **New**

Oct. 17 - Improve Your Health With Ergonomics and Frequent Movement

Sedentary behavior is the fourth leading risk factor of death for people all over the world. Learn to incorporate frequent desk exercises and movement into your day. Additionally, learn proper ergonomic tips to help ease job stress and reduce chronic injury. **New**

Nov. 21 - The Mind-Body Connection

Keeping the body relatively calm is crucial to well-being and optimal health. becoming aware of how your body feels when it is under stress is important to maintain a relaxed and calm state. **New**

Dec. 19 - Diversity in the Workplace: Maintaining an Inclusive Environment

Each member of the workforce brings unique skills, background, and experience vital to the successful organization. A diverse workforce is a rich source of creativity and problem-solving. **New**

Call or go online to get answers to your questions

Instructions to access EAP Work Life online seminars:

1. Go to www.cignabehavioral.com and click “Login to access your benefits” (under the Member's Tab) and enter “**Sagchip**” for your Employer ID.
2. Click the “**Work/Life Resources**” link; scroll down, read agreement and click accept.
3. Scroll down to “**Online Seminars**” – Learn about these upcoming online seminars or browse the On-Demand archives for the past couple of years.



Saginaw Chippewa Indian Tribe of Michigan
“Working Together for Our Future”

7070 E. Broadway
Mount Pleasant, MI 48858
989-775-4000
www.sagchip.org