



# 2020 | Webinars on Demand

Available On Demand		Title	Description
Jan	21st	<b>Your Financial Check-Up</b>	This “financial check-up” will guide you through the necessary steps to help you meet your financial goals.
Feb	18th	<b>Managing Workplace Stressors</b>	Learn strategies to address and manage workplace stressors effectively and professionally.
Mar	17th	<b>Planning For Professional Growth</b>	Discuss the four stages of professional development and gain access to tools to develop a self-assessment plan to help you guide your career path.
Apr	21st	<b>Effective Communication With Children</b>	Learn about different communication styles and how to communicate effectively with children of all ages.
May	19th	<b>Accepting Aging: Yourself And Others</b>	Examine “normal” age-related changes and identify ways you can come to terms with your own aging.
Jun	16th	<b>Say What You Mean The Right Way</b>	Identify barriers to clear communication and learn how to communicate more effectively.
Jul	21st	<b>Explore New Horizons And Expand The Mind</b>	Identify strategies to be more effective at home and at work. Discover the possibility and promise of seeking and exploring new horizons.
Aug	18th	<b>Outsourcing Your To-Do List</b>	Learn to outsource the more thankless chores so you can invest time in more meaningful and fulfilling activities.
Sep	15th	<b>The Secret To Work-Life Balance</b>	Uncover the secret to securing a healthy work and family balance.
Oct	20th	<b>The Mental Strength Workout</b>	Learn skills and strategies to exercise the power of your mind and increase your mental fortitude.
Nov	17th	<b>Building Resilience Muscles</b>	Build resilience by understanding yourself and identifying the mental obstacles that get in your way.
Dec	15th	<b>Know Your Strengths</b>	Explore how confidence and a strengths-mindset can enable you to respond more creatively to challenges.

EMPLOYEE SERVICES

Enter access code

DuPage

Log in

## Accessing Webinars On Demand

1. Log in to the EMPLOYEE SERVICES portal at [www.wseap.com](http://www.wseap.com) using your organization’s access code.
2. Expand the *Webinars* tab.
3. Click the *Resource Center* button.
4. Click the *On Demand Webinars* button.