

|  |  |  |  |
| --- | --- | --- | --- |
|  | **THEME** | **ONLINE SEMINAR\***  \*For clients with Advantage Complete or Enhanced Web | **DESCRIPTION**  Seminars can be found on your home page, or you can search for them by title. |
| JAN | **Self-Care and Nature** | ***Rays of Sunshine***  Available on Demand Starting **17th Jan** | Explore the benefits of getting outdoors as a part of your self-care routine. |
| FEB | **Overcoming Loneliness** | ***Tackling Loneliness***  Available on Demand Starting **21st Feb** | Learn practical steps on how to overcome loneliness and build better connections with others. |
| MAR | **Setting Boundaries** | ***Set Boundaries and Boost Your Wellbeing***  Available on Demand Starting **21st Mar** | Look at the benefits of having healthy boundaries, and how we can practice setting boundaries in everyday lives. |
| APR | **Sustainability** | ***Guiding Your Family to Greener Living***  Available on Demand Starting **18th Apr** | Explore the steps towards greener living and how to guide our family to living more sustainably. |
| MAY | **Listening** | ***Are You a Good Listener?***  Available on Demand Starting **16th May** | Discussion on the benefits of being a good listener and learn practical tips on how to be a better listener. |
| JUN | **Points of View** | ***Keeping an Open Mind***  Available on Demand Starting **20th Jun** | Discover how to keep an open mind about yourself and others and the benefits of keeping an open mind. |
| JUL | **Parenting Questions** | ***Overcoming Parental Guilt***  Available on Demand Starting **18th Jul** | Find out how to overcome parental guilt and continue to do your best. |
| AUG | **Money Management** | ***Digging Deep***  Available on Demand Starting **15th Aug** | Explore how to have smart financial management and learn practical steps on getting out of financial ruts. |
| SEP | **Gratitude Mindset** | ***The Gratitude Habit***  Available on Demand Starting **19th Sep** | Discover how to build gratitude habits in our daily lives. |
| OCT | **Reactions** | ***Pause.Breathe.Resume***  Available on Demand Starting **17th Oct** | Learn how to notice our own thoughts and how we react to them, and channel energy when handling challenges. |
| NOV | **Caring** | ***Caring for the Carer***  Available on Demand Starting **21st Nov** | Explore how to take care of yourself and cope with carer stress while supporting your loved ones. |
| DEC | **Embrace Change** | ***Making a Change***  Available on Demand Starting **19th Dec** | Learn how to make a change for the better and learn practical tips to embrace the discomfort of change. |

**ALWAYS AVAILABLE | FREE | CONFIDENTIAL**

**FREEPHONE:** 0800 243 458

**EMAIL:**assistance@workplaceoptions.com

**WEBSITE:**www.workplaceoptions.com

**OUTSIDE THE UK:** +44 (0)20 8987 6550

**Minicom:** +44 (0)20 8987 6574

**Username:** username

**Password:** password

# **2023** Calendar

**Managing Your Money**