

2026

# EAP Wellness Webcasts

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| LIVE   | SEMINAR                                               | TOPIC                                                                                                                                                                  |
|--------|-------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| JAN 7  | Uncovering Purpose                                    | The search for purpose can be lifelong. Uncover clues about what gives you purpose and learn how to make it part of your everyday life.                                |
| JAN 14 | What’s for Dinner? Meal Planning Made Simple          | It’s hard to prioritize healthy meals after a long, tiring day. We’ll show you how planning ahead can help make healthy choices easier.                                |
| JAN 28 | Boosting Belonging at Work                            | Feeling like we belong in a community, such as our workplace, is a crucial part of well-being. Learn what belonging looks like at work and how to build it.            |
| FEB 11 | Managing Financial Stress                             | Money worries are a common stressor. We’ll talk about the emotional impact and how to start reclaiming your balance with solid strategies and resources.               |
| FEB 25 | Managers: Employee Stress Management                  | You can’t eliminate work stressors, but you can help employees manage them. Learn to spot signs of stress, address triggers and reinforce resilience.                  |
| MAR 11 | Living with Grief and Loss                            | There’s no easy way “through” grief. But we can share strategies to help you understand the emotional journey and cope with the challenge of living with loss.         |
| MAR 25 | Mindfulness: Release the Stress                       | Our multi-tasking minds are always going a mile a minute. What would happen if we stopped for a moment? Join us to explore the practice of mindfulness.                |
| APR 8  | Neurodiversity at Work: Thinking Differently Together | Neurodiversity can be a workplace advantage but may also pose challenges. Learn how you can help support an environment where everyone can thrive.                     |
| APR 22 | Stress Relief: Train Your Brain                       | A high-alert stress response that stays “on” can tie us in knots. Try science-backed techniques that can rewire a calmer response. <b>English &amp; Spanish</b>        |
| MAY 6  | Mental Health: Let’s Talk About It                    | Mental health issues are often hidden in the shadow of stigma. We’ll shed light on the realities and discuss how to offer support.                                     |
| MAY 20 | Managers: Drug and Alcohol Awareness                  | Substance use can have a serious impact in the workplace. We’ll review drug and alcohol basics, how to address concerns, and resources for support.                    |
| JUN 3  | Parenting in the Digital Age                          | Snap, reels, memes...names and platforms are constantly changing, but digital technology is here to stay. Get tips for helping your child use it safely and well.      |
| JUN 17 | A Guide to Smart Homebuying Decisions                 | Buying a home is a big step! Understanding key aspects, such as how to find an agent, mortgage types, and common pitfalls, can help you feel more prepared.            |
| JUL 8  | Make the Choice to Be Healthy                         | Good health doesn’t happen magically. Our choices matter. Join us to look at key ways to build a solid foundation for wellness. <b>English &amp; Spanish</b>           |
| JUL 22 | Uncovering Purpose at Work                            | You don’t have to change jobs to find purpose, you can uncover it right where you are! We’ll share strategies and tools that can help you feel more fulfilled.         |
| AUG 5  | Revitalize Your Relationship                          | Could your relationship use some TLC? We’ll discuss the essentials of happy, healthy partnerships and share simple but powerful ways to enrich yours.                  |
| AUG 19 | Managers: Navigating Complexity                       | Many management situations have no instruction manual. Learn how to innovate, make decisions, and lead in complex times.                                               |
| SEP 9  | Retirement: Navigating Common Risks                   | Managing risk is critical for a sound financial future. We’ll discuss retirement variables such as market volatility, taxes, longevity, timing, and surprise expenses. |
| SEP 23 | Bridging the Gaps: Generations at Work                | We all want a positive work experience, but what that looks like may differ by generation. We’ll explore influencing factors and tips for working well together.       |
| OCT 7  | Managers: Neurodiversity at Work                      | Having a clear understanding of neurodiversity can help you help ALL of your employees thrive. We’ll review accommodations and inclusive best practices.               |
| OCT 21 | Workplace Bullying                                    | Bullying doesn’t just happen in school hallways. Learn how to identify it in the workplace, cope with the impact, and respond assertively.                             |
| NOV 4  | The Power of Compassion                               | We’re wired to be kind, but life can override that instinct. Discover how to tap the benefits that being compassionate – to others and ourselves – can bring.          |
| NOV 18 | Thriving Through Uncertainty                          | Life is unpredictable and that can be stressful. Get strategies for managing reactions, making decisions, and taking action in spite of uncertainty.                   |
| DEC 2  | The Power of Gratitude                                | Even in the hardest times, there’s something to be grateful for. Discover how an “attitude of gratitude” can help you feel enriched and empowered.                     |



All seminars are one hour and take place on Wednesdays at 2 pm ET / 1 pm CT / 11 am PT. On-demand replay will be available starting 1 hour after the live presentation.

