

January 10, 2024 | 1:00–2:00pm ET
Smart Tax Planning: Your Guide to Financial Literacy [Register](#)

Understanding taxes and incorporating smart planning practices are central to achieving your financial goals. Follow along as a financial expert from the Institute for Financial Education (ifeonline.org) imparts the knowledge and tools to make confident tax decisions. Whether you're a beginner or an experienced investor, take advantage of this opportunity to improve your tax strategy and financial literacy.

February 14, 2024 | 1:00–2:00pm ET
From Surviving to Thriving: Overcoming Trauma and Building Resilience [Register](#)

In the face of adversity, the human spirit has an incredible capacity to heal and flourish. This webinar includes information on processing emotions, coping with uncertainty, building resilience, and supporting children after a traumatic event. We'll also offer guidance on supporting others on a similar path and provide helpful resources.

March 13, 2024 | 1:00–2:00pm ET
Hybrid Synergy: Guidance for Modern Work Arrangements [Register](#)

The thought of returning to the office after working remotely may prompt an array of emotions. Join us for this session as we review strategies for thriving in evolving work arrangements. We'll discuss the nuances of transitioning back to an in-office or hybrid work scenario, provide information and resources for a successful and fulfilling return, and offer suggestions for staying connected with everyone.

FOR SUPERVISORS

March 27, 2024 | 1:00–2:00pm ET
From Anywhere with Impact: Managing Hybrid Teams with Their Well-Being in Mind [Register](#)

The landscape of team management has evolved significantly with the advent of hybrid work models. Discover how to harness the complexities of managing hybrid teams while balancing employee well-being. We'll provide tactics to promote a thriving and resilient hybrid workforce and ensure employees stay productive, engaged, and motivated.

April 10, 2024 | 1:00–2:00pm ET
Relationship Wealth: A Couple's Guide to Financial Health [Register](#)

Money matters can be a significant source of stress in relationships. With proper knowledge and communication, couples can build a solid foundation for a prosperous and harmonious financial future together. Led by an expert from the Institute for Financial Education (ifeonline.org), this webinar helps partners plan for major life milestones and unexpected events and offers guidance on budgeting, credit, and saving. You'll come away with practical approaches to achieve your financial aspirations and strengthen your bond.

May 8, 2024 | 1:00–2:00pm ET
Loneliness: The Modern Social Health Crisis [Register](#)

In an increasingly interconnected world, loneliness remains a pressing social health concern affecting individuals across all walks of life. Attend this session for a comprehensive understanding of loneliness and how to enhance connection. We'll also review the profound effects of loneliness on mental, emotional, and physical well-being and shed light on its societal implications.

June 12, 2024 | 1:00–2:00pm ET
Beyond Words: Mindfully Connecting with Others [Register](#)

In a world flooded with digital messages and multimedia social exchanges, mindful communication continues to be essential for nurturing authentic connections. This presentation offers a unique opportunity to understand how your communication can affect personal and professional relationships. Join us to rethink how you communicate, mindfully refine what you say and how you say it and discover the untapped potential of body language and non-verbal cues.

FOR SUPERVISORS

June 26, 2024 | 1:00–2:00pm ET
Lead by Example: Inspiring Well-Being and Positive Team Culture Through Communication [Register](#)

The way you communicate sets the tone for your team's culture. This webinar focuses on the transformative power of communication in fostering a positive work environment. Together, we'll examine communication patterns that could lead to dysfunction and mistrust, and interaction strategies that contribute to understanding, trust, engagement, problem-solving, and much more. We'll also explore some exercises to help you apply the skills we've covered.

July 10, 2024 | 1:00–2:00pm ET

Investing in Peace of Mind: Insurance and Annuity Insights

[Register](#)

When it comes to long-term financial protection and stability, insurance and annuities extend some valuable benefits. A financial expert from the Institute for Financial Education (ifeonline.org) will help demystify the complex landscape of insurance and annuities and enable you to make informed decisions about your financial future. Whether you're new to the concept or seeking to optimize existing coverage, this session provides key insights toward greater financial security and well-being.

August 14, 2024 | 1:00–2:00pm ET

Healthy Habits for Life: Instilling Mindfulness and Resilience in Adolescents

[Register](#)

Mindfulness practice can help teens and tweens reduce stress, find relief in the moment, and support their well-being and growth. This presentation helps parents introduce the concept of mindfulness to their adolescent children and recommends age-appropriate tools and exercises. You'll leave with a toolkit for teaching children mindfulness that includes ideas for addressing their resistance to it, and interventions to help your child manage difficult moments.

September 11, 2024 | 1:00–2:00pm ET

Embrace, Evolve, Excel: Adapting to Workplace Change with Resilience

[Register](#)

Although organizational changes can be overwhelming and unsettling, they are golden opportunities to learn and grow personally and professionally. By developing the ability to pivot, adapt, and innovate in response to change, we can cultivate resilience and position ourselves to succeed in an ever-evolving environment. This session outlines how to thrive through uncertainty and approach workplace change with a curious and open mind. You'll depart with a mindset that embraces change and proactively seeks out emerging opportunities.

FOR SUPERVISORS

September 25, 2024 | 1:00–2:00pm ET

A Manager's Guide to Supporting Employee Well-Being During Workplace Transitions

[Register](#)

Recognizing that workplace change can evoke stress and upend workflow, managers play a vital role in supporting employees' well-being and productivity in times of uncertainty. This comprehensive webinar for supervisors discusses approaches to ensuring a smooth transition while handling employee concerns and unease.

October 9, 2024 | 1:00–2:00pm ET

Maximizing Federal Benefits for Tomorrow's Financial Peace of Mind

[Register](#)

As the federal benefits open season approaches, you have a valuable opportunity to assess your coverage and make important decisions that affect your overall financial well-being. Join us as a financial expert from the Institute for Financial Education (ifeonline.org) explains how to maximize your TSP, mitigate taxes, protect finances, and prepare for retirement. Whether you're just starting out in the federal workforce or a seasoned employee, this presentation will help you optimize your benefits.

November 13, 2024 | 1:00–2:00pm ET

Respectful Relationships: Understanding and Establishing Boundaries

[Register](#)

Boundaries serve as the invisible lines that ensure an individual's autonomy, values, and welfare are respected. In this webinar, you'll learn to recognize your own limits and how to express them effectively to safeguard your well-being and create an atmosphere of mutual respect and trust. Plus, we'll deliver guidance on setting limits in difficult situations and overcoming codependency.

FOR SUPERVISORS

December 4, 2024 | 1:00–2:00pm ET

Preparing for Tomorrow: Succession Planning to Support Organizational Health

[Register](#)

In an era marked by rapid changes and transitions, succession planning emerges as a critical best practice. Effective succession plans provide for seamless leadership transitions, enrich internal talent, and safeguard operations against unexpected disruptions. This session underscores the essential role of these future-minded processes in maintaining organizational and employee continuity, growth, and resilience.

December 11, 2024 | 1:00–2:00pm ET

From Me to We: Mindful Tactics for Being a Valuable Team Member

[Register](#)

When working with others, the shift from individual success to collective achievement requires a mindful approach that brings out the best in each team member. Mindfulness involves active listening, empathy, and open-minded collaboration, allowing each person to become more attuned to their colleagues' needs and perspectives. Attend this presentation to discover how mindfulness can elevate your critical thinking, creativity, and performance and equip you with valuable tactics to motivate others and contribute to your team's success.