

# **Perspectives EAP 2022 Webinar Schedule**

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## **August**

As Our Parents Age

Presented by: [Jamie Kistler](#)

Aging is part of life. Preparing to care for the changing needs of an aging parent though, may not be easy or simple. Sometimes we need help identifying what kind of assistance or understanding a parent might need. We may have trouble altering our expectations or exploring how to help our parents make adjustments. Whether it is regarding household chores or duties, financial assistance or dealing with family conflicts, there are ways to age flexibly and with more ease. In this webinar we will discuss: the stages of aging and how to assess a parent's needs at each stage, how to initiate and have difficult family conversations, finding support solutions for emotional, financial, social and health problems, and balancing self-care with caregiver responsibilities.

## **September**

Navigating Divorce

Presented by: [Cheryl Mirabella](#)

Whether you're considering a divorce, or it has already been initiated, this webinar will provide the tools you need to navigate the process with the least amount of stress and conflict possible. In addition to concrete tips and supportive resources, we will explore areas including: effective communication, navigating the logistical and emotional aspects of divorce, understanding and managing stages of grief, building resilience, and planning for the next chapter. While divorce is almost always difficult to go through, you can come out of it feeling stronger and more self-aware than before. Regardless of where you are in the process, this dynamic session will empower you with information, tools, and resources to support you during and after your divorce.

## **October**

Managing Your Finances Paycheck to Paycheck

Presented by: [Beth Marshall](#)

Are you tired of scrambling for cash a few days before your next paycheck? Do you have money set aside for emergencies? Are you working on major financial goals like paying for your children's college education or your retirement? Join us for this very practical and actionable webinar on budgeting. Learn how to create your budget, set financial goals, and then find the money to fund them.

## **November**

Mindset for Success

Presented by: [Shanti Douglas](#)

Mindset has a huge influence on many areas of life, including physical and emotional wellbeing, relationships, and personal and professional success. Regardless of whether we've identified as an optimist or pessimist in the past, we all have the ability to harness a mindset that allows us to deal with challenging events more effectively, turn "failures" into growth opportunities, and experience a greater sense of contentment. You will leave this webinar armed with strategies for making simple shifts in thinking that can lead to great change.

## December

### Deep Relaxation for Better Sleep

Presented by: [Rick Clerici](#)

In this webinar, we will focus on mind/body relaxation, one of the most important factors in falling asleep, staying asleep and getting restorative sleep. Attendees will learn daytime relaxation exercises, instant momentary relaxation exercises and techniques for relaxing into sleep and back into sleep from night time awakenings. There is an emphasis on the positive changes that can be made during the 16 hours of wake that will improve sleep quality. A guided relaxation exercise teaches techniques for initiating sleep and returning to sleep. Your presenter Rick Clerici, Certified Clinical Sleep Educator and Behavioral Sleep Therapist works with universities, hospitals and corporations raising awareness about the importance of sleep and helping employee populations improve their sleep quality.