On-Demand Cigna EAP Seminars for All Employees – all are approximately 60 minutes

- Living Lonely: The Power of Connection – (Expiration Date: Sat, Feb 13, 2021)
- Techniques that Work - (Expiration Date: Sat, Oct 17, 2020)

Seminars – Stress Management

- Not All Stress is Created Equal - (Expiration Date: Sat, May 22, 2021)
- Stress Management 101 – (Expiration Date: Sat, Mar 20, 2021)
- Under Pressure: Managing Workplace Stress –Available (Expiration Date: Sat, Sept 19, 2020)

Seminars – Dealing with Change

- Resilience in Challenging Times

Seminars for Employees

- Work @ Home: Keys To Success --Available (no expiration date)
- Giving to Yourself --Available(Expiration Date: Sat, Dec 4, 2021)
- Living with Grief
- Work & Personal Life: The Balancing Act --Available (Expiration Date: Sat, Dec 5, 2020)
- Managing Anxiety: Coronavirus Fears & Concerns

Seminars for Managers

- Managers- Supporting Employees: Coronavirus Fears & Concerns
- Managing a Virtual Team
- Manager’s Guide: Grief and Loss at Work, Talking to Employees About Sensitive Subjects --
  (Expiration Date: Sat, Nov 6, 2021)