

## 2026 ComPsych EAP Monthly Live Webinars for Employees & Managers

We're happy to announce the 2026 ComPsych EAP webinar schedule for employees and managers. The schedule includes monthly live orientation sessions and personal development workshops that are held throughout the year on a variety of topics. Here's an overview of when they are held each month:

- **Employee orientations** – held on the **second Wednesday of every month**.
- **Manager orientations** – held on the **second Thursday of every month**.
- **Personal development workshops** – held on the **second Tuesday of every month**.
- **ComPsych Huddles** – are also available for all members on GuidanceResources Online. Huddles are **interactive online groups focused on education, skill building and social connection**. Huddles cover a range of topics including self-care, nutrition, relation techniques, resiliency and more. To access Huddles: register or login to [guidanceresources.com](https://guidanceresources.com) (new users register using organization Web ID: Guardian), select *Browse All Services* and choose *Online Huddles*.

### **January:**

#### **Employee Orientation**

Date: January 14

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/3819741229036662623>

#### **Manager Orientation**

Date: January 15

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/286479304876182877>

#### **The Psychology Behind Saving Money and Other Good Financial Habits – On Demand Training**

Date: January 13

Time: Noon-1pm CST

Recording Link: <https://guidanceresourcetraining.ispringlearn.com/app/preview/60ce481d-7d18-11ed-998c-0aad442090ab>

### **February:**

#### **Employee Orientation**

Date: February 11

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/1271616434596054871>

#### **Manager Orientation**

Date: February 12

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/1829672461762179167>

#### **Intention Setting to Transform Your Life**

Date: February 10

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/6532608051190969945>

**March:**

**Employee Orientation**

Date: March 11

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/4613805228081708127>

**Manager Orientation**

Date: March 12

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/2441059200921940831>

**Strengthening Your Ability to Empathize**

Date: March 10

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/5699460811825147741>

**April:**

**Employee Orientation**

Date: April 8

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/1110545677708358495>

**Manager Orientation**

Date: April 9

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/5995425151266008665>

**Stress: A Way of Life or Fact of Life**

Date: April 14

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/1043864697030913110>

**May:**

**Employee Orientation**

Date: May 13

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/3845578652777936218>

**Manager Orientation**

Date: May 14

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/4525384701999298656>

**Mental Health Awareness for Everyone**

Date: May 12

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/5869330960270058075>

**Leader Topic: Mental Health Awareness for Leaders**

Date: May 12

Time: 1-2pm CST

Link to join: <https://attendee.gotowebinar.com/register/8962706869459973977>

Contact us anytime for confidential assistance.

**June:**

**Employee Orientation**

Date: June 10

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/5337652215553718878>

**Manager Orientation**

Date: June 11

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/7141338368757477984>

**The Impact of Substance Abuse on the Family**

Date: June 9

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/1985888876314343766>

**July:**

**Employee Orientation**

Date: July 8

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/279518296760937816>

**Manager Orientation**

Date: July 9

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/906780884314139989>

**Communication Skills for Families**

Date: July 14

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/5995599975115783008>

**August:**

**Employee Orientation**

Date: August 12

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/1866091585409181782>

**Manager Orientation**

Date: August 13

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/7217168387190368352>

**Methods and Strategies for Self-Care**

Date: August 11

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/7141646233514184797>

**Leader Topic: Self-Care Tips for Managers**

Date: August 11

Time: 1-2pm CST

Link to join: <https://attendee.gotowebinar.com/register/6738930308631904855>

**September:**

**Employee Orientation**

Date: September 9

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/7256236234348773208>

**Manager Orientation**

Date: September 10

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/1273229418154522207>

**Moving Through Grief and Loss**

Date: September 8

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/5232406964043987287>

**October:**

**Employee Orientation**

Date: October 14

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/7506544454458523744>

**Manager Orientation**

Date: October 15

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/2748201177071891548>

**Languishing, Flourishing, and Your Mental Health**

Date: October 13

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/3502837790157011290>

**November:**

**Employee Orientation**

Date: November 11

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/2578116624435914325>

**Manager Orientation**

Date: November 12

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/4207795166961408854>

**Parental Burnout: How to Overcome Challenges & Thrive Through Parenthood**

Date: November 10

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/5385353429514183517>

**December:**

**Employee Orientation**

Date: December 9

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/1292152014461008990>

Contact us anytime for confidential assistance.

**Manager Orientation**

Date: December 10

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/3304581549731863387>

**Meet the Well-Being Coach**

Date: December 8

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/8280172931890291031>