CLAREMONT EAP

2017 Webinar Calendar

Please join us for our live webinar series. Each month, we feature a 45 minute presentation with a subject matter expert followed by a live Q&A session!

Please note the live registration links and individual monthly flyers will be added to your marketing collateral page soon!

January
Date: Tuesday, January 17th, 2017 at 12pm Eastern
Presenter: Jeff Sellers
Topic: Quality of Life
MIT AgeLab has identified three simple questions you should ask yourself to assess how prepared you are to live well in retirement: Who will change my light bulbs? How will I get an ice cream cone? Who will I have lunch with? What do these questions have to do with retirement planning? A lot more than you may think. They actually uncover important factors that will determine your future quality of life and serve as a starting point for planning a satisfying retirement. When it comes to retirement planning, we're inclined to focus on accumulating assets and making sure we spend our money wisely. But while our biggest fear may be outliving our wealth, there's an even greater risk of: Losing our independence due to ailing health, being unable to access the big and small things that make us happy, and facing a decline in the number of friends in our social network.

February
Date: Tuesday, February 21st, 2017 at 3pm Eastern
Presenter: Barbara Melton
Topic: What Are My Kids Doing Online?
This webinar will go over internet safety: The benefits and pitfalls of internet use and developmental guidelines for internet use and oversight. We will also examine the emotional and social tolls of internet use by children and how to address and prevent cyberbullying.

March
Date: Tuesday, March 21st, 2017 at 12pm Eastern
Presenter: Mary-Ellen Rogers
Topic: Change Management
Organizational change often makes way for progress and, ultimately, success, but can be painful and anxiety producing in the process. In this workshop, we will examine the concept of organizational change, typical expectations and realities, and strategies for successfully managing change, both personally and as part of the organization.

April
Date: Tuesday, April 18th, 2017 at 3pm Eastern
Presenter: Barbara Melton
Topic: Coping with Grief and Loss
In this webinar, we will discuss the process of grief and loss from the perspective of losing a loved one, whether it was expected or sudden. The stages of grief will be covered, and tips on how to move through the process will be provided. Ways to honor the loved one will be shared (through a process called 'ritual construction') and various potentially healing techniques will also be covered.

May
Date: Tuesday, May 16th, 2017 at 12pm Eastern
Presenter: Dr. Delvina Miremadi-Baldino
Topic: The Science of Happiness: Learn how to bring more happiness to your personal and professional life.
Research supports that happy people feel better, do better, and live better. While this is great news, it still begs the question: Why? And, more importantly, how? During this session, we will explore the history and research behind this concept of happiness, how it relates to the various facets of your life, and what intentional activities you can do to increase your life satisfaction and fulfillment. There are many pathways to happiness, so let's get your journey started!

June
Date: Tuesday, June 20th, 2017 at 3pm Eastern
Presenter: Jay Kearns, Esq.
Topic: Special Needs and Disability Planning
Estate planning for a disabled or special needs family member is difficult and requires specialized tools to ensure life-long care including retention of any assets that a disabled family member may have or receive and retention of any government entitlements. We will focus on life and long-term care planning for special needs families. Topics to be discussed are life planning options for a disabled individual (powers of attorney, healthcare directives, conservatorships and guardianships), Medicaid and Social Security programs, ways to preserve the assets of a disabled person and options for families who would like to provide for their disabled loved one in their estate plans. Join us and take an active role in planning your loved one's future.

July
Date: Tuesday, July 18th, 2017 at 12pm Eastern
Presenter: Jeff Sellers
Topic: Maximizing Your Social Security Benefits
The goal of this presentation is to give you a better understanding of how Social Security retirement benefits work, so you can make an informed decision when you become eligible to receive benefits. Deciding when to collect Social Security benefits will be one of the most important financial decisions you make. Your choice will have lifelong consequences for you and your spouse, so it's essential to understand all of your options and make a prudent decision.

August
Date: Tuesday, August 15th, 2017 at 3pm Eastern
Presenter: Mary-Ellen Rogers
Topic: Communication Skills - Beyond Words!
There is so much more to communications than the spoken word, in fact, over 60 percent of your message is communicated without words. Participants in this session will learn about non-verbal communication, communication channels through social media, and perceptions of communication through one's appearance.

September
Date: Tuesday, September 19th, 2017 at 12pm Eastern
Presenter: Dr. Delvina Miremadi-Baldino
Topic: Involvement and Engagement: Learn how small acts of kindness and a state of flow can change your life.
Do you ever ask yourself, "What can I DO today to change my life for the better?" Thankfully, research supports that there is something we can do about it, and it's actually quite easy. In this session, we will explore two actionable concepts that you will enjoy adding to your daily/weekly routine and that will help you live a happier, positive, purposeful life!

October
Date: Tuesday, October 17th, 2017 at 3pm Eastern
Presenter: Mary-Ellen Rogers
Topic: Surviving and Enjoying the Six Stages of Parenthood
In this session we will examine, not child, but parental development from the prenatal phase through the empty nest, or departure phase, combining the human development theories of Freud and Erikson with concrete, contemporary insights

from the book, "The Six Stages of Parenting".

November
Date: Tuesday, November 21st, 2017 at 12pm Eastern
Presenter: Jay Kearns, Esq.
Topic: Elder Law Basics
Estate and long-term care planning are imperative to ensure a smooth transition into the later part of your life. We will discuss what Elder Law encompasses and how an Elder Law attorney can help you as you age. The discussion will focus on estate documents such as powers of attorney, healthcare directives, living wills, wills and trusts and will discuss long-term care planning including the different programs and planning available to help with the costs of long-term care and protecting your assets for your loved ones. Join us and take an active role in planning your future.

December
Date: Tuesday, December 19th, 2017 at 3pm Eastern
Presenter: Mary-Ellen Rogers
Topic: Emotional Composure - Remaining Unruffled & Dynamic Under Stress
Emotions are a healthy part of the human experience. Acknowledging emotions and understanding your personal stress style is the first step in beginning to control them. In this session, we will discuss a selection of customary stressors as well as techniques for exercising control over them.

Past Webinars:

Banishing Bullying
The Benefits of Mindfulness
Bringing More Balance Into Your Life
Caregiver Readiness: Are you up for the Challenge?
Caring for Elders At Home
Communicating with Your Partner
Developing Exemplary Emotional Intelligence
Effective Conflict Management in the Workplace
Estate Planning for Digital Assets
Family Systems & Family Communication
Finding Your Balance
Finding Your Balance: 8 Secrets
Goal Setting for Life
Goal Setting for Your Best Year Yet!
It's My Budget And I'm Sticking To It
Long-Term Care Essentials
Looking Ahead: Planning and Preparedness
Love Languages
Making Self-Care A Priority
Managing Money With Your Partner
Money Basics
Money Basics: Spending, Borrowing and Saving It
New Year... New You - 10 Financial Resolutions You Can Actually Keep
Parenting Using Personality Profiles
Parenting Using Personality Styles
Paying for College
Personal Responsibility: Setting the Example for Your Child
Planning for Long-term Care: 7 Steps to Protect Your Independence
Practicing Gratitude to Produce Happiness
Preparing for Life's Transitions
Ready, Set, Relax! Relaxation techniques to Maintain Wellbeing

Realize Your Resilience
Redefining the Modern Family
Rejuvenating Your Retirement Plan
Relaxation Techniques
Retirement Redefined
The Power of Positive Self-Talk
The Three Nevers of Parenting
The Top Ten Estate Planning Mistakes
The Truth About Estate Planning
What Colleges Really Look For
Work/Life Goal Setting
Workplace Bullying