



Health Advocate Webinar

September 3, 2025
10:00am - 11:00am

Raising Resilient Kids

As parents, we all want the best for our children and work hard to build a nurturing, protective foundation for them. Yet, as they face life's challenges, our own expectations and vulnerabilities can influence their growth. How can we ensure that our beliefs and actions are creating the best foundation for them to thrive? Join us as we explore the complexities of parenting, our unique relationships with our children, and evidence-based strategies to foster resilience.

Register at de.gov/statewidebenefits
(Select your group, then Health Advocate, then Webinars)





Health Advocate Webinar

**October 1, 2025
2:00pm - 3:00pm**

Our Aging Parents

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 a parent might need. We may have trouble altering our expectations or understanding how to help our parents adjust. Whether it's regarding household chores or duties, financial assistance, or dealing with family conflicts, there are ways to age flexibly and with ease.

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Health Advocate Webinar

October 8, 2025
10:00am - 11:00am

Management and Leadership Skills

This workshop reviews fundamental management and leadership skills, including relationship building, essential communication and listening skills, and conducting performance reviews and advisory meetings. It is valuable for new managers or those with limited formal management training, providing practical tools to enhance their effectiveness.

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Health Advocate Webinar

November 4, 2025
10:00am - 11:00am

Get a Great Night's Sleep! Successful Tips and Tricks

Are you tired of tossing and turning at night? Technology, fast-paced lives, and stress can negatively impact the ability to get a good night's sleep. In this interactive workshop, you'll learn simple steps and strategies to turn restless nights into restorative sleep. In no time, waking up refreshed and energized will be the norm.

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Health Advocate Webinar

November 18, 2025
2:00pm - 3:00pm



Holiday Game Plan: Strategies to Manage the Holiday Season

What if you approached the holiday season a little differently this year? What if you went into the season with a plan which is open to taking short cuts, discovering back roads & simply going with the flow when situations call for it? In this session we'll not only share steps for creating a holiday game plan, but also address the fact that even the best laid plans can go awry. Join us as we discuss preparing for the holidays by changing our mindset, managing our stress, and having a happy holiday season.

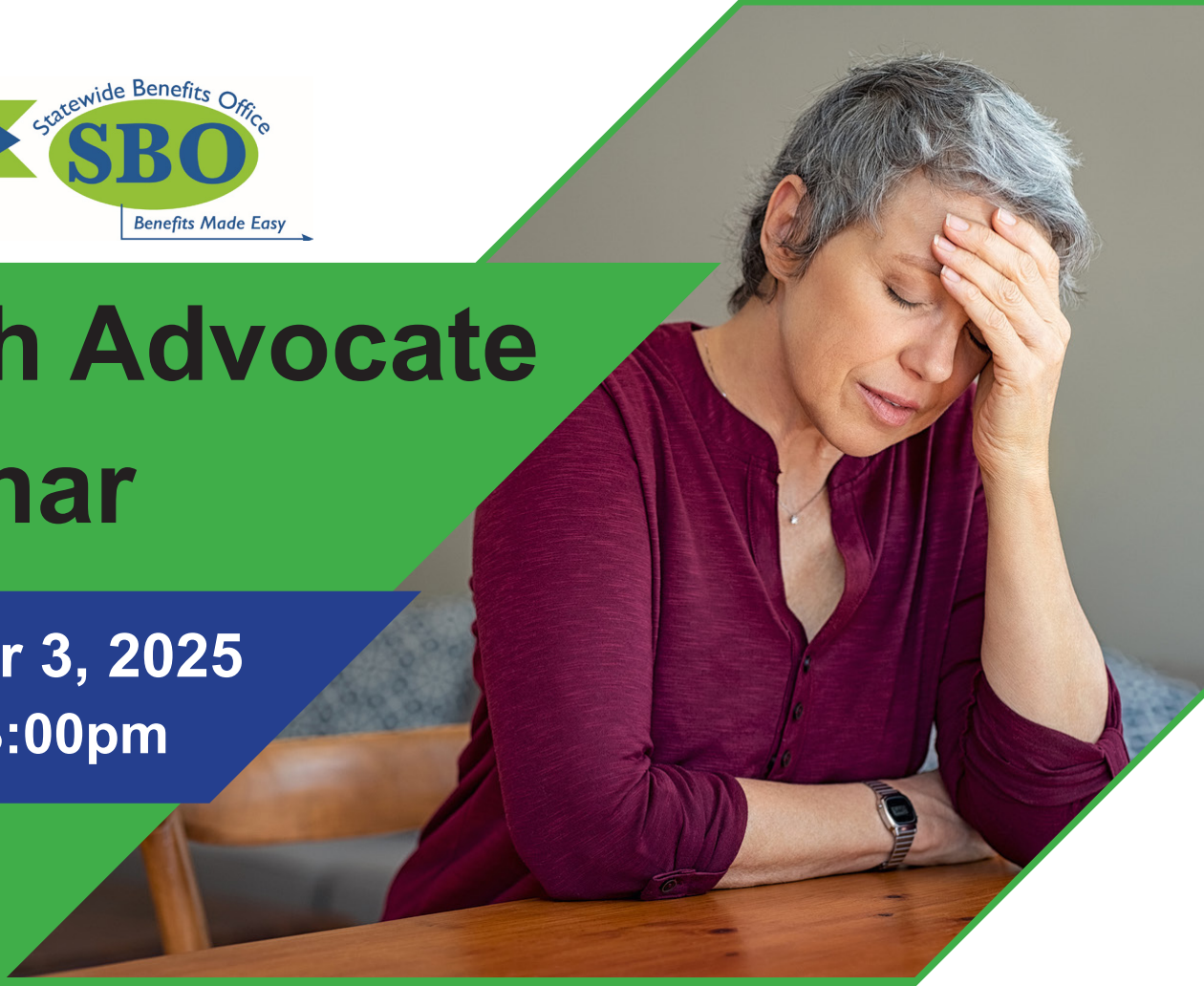
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Health Advocate Webinar

December 3, 2025
2:00pm - 3:00pm



Depression, Anxiety, and Burnout: Moving Toward Hope and Health

For some people, feelings of depression, anxiety and burnout may seem insurmountable. Those experiencing these conditions are far from alone, but recognizing when we need extra support for our emotional and mental well-being is critical. This discussion defines each of these conditions, including the signs and symptoms and ways to seek help when needed.

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Health Advocate Webinar

December 9, 2025
1:00pm - 2:00pm



Managing Emotional Health & Employee Well-Being

Discussing mental health remains a challenge in many workplaces, despite its impact on productivity and safety. This workshop aims to educate and empower managers to identify and support employees experiencing emotional health issues. Participants will learn about emotional (mental) health, recognize objective warning signs, and collaborate with resources like the EAP to address and manage these issues effectively.

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