



## 2015 WEBINAR CALENDAR:

**JAN 15 — THE MIND-BODY CONNECTION** - Learn to recognize and manage stressful situations, practice relaxation techniques, and understand the benefits of making the mind-body connection.

**2 WEBINARS: 12 p.m. EST and 1 p.m. EST**

**FEB 19 — FINANCIAL FITNESS: Living Within a Realistic Budget** - Living within a budget can seem restrictive—similar to being on a diet. Learn about common money mistakes as well as practical and realistic tips for living within a budget. **12 p.m. EST**

**MARCH 19 — PRACTICAL STRATEGIES TO STAY SAFE** - Learn strategies to keep you and your family safe in case of natural disasters or other emergencies. **12 p.m. EST**

**APRIL 16 — DISRUPTING NEGATIVE THOUGHTS** - Learn how to gain control over negative thoughts and increase recognition of the positives occurring in your life. **2 WEBINARS: 12 p.m. EST and 1 p.m. EST**

**MAY 21 — ESTATE PLANNING: Five Essential Documents** - Learn the key documents everyone over 18 should have prepared so your family understands your wishes regarding your health, money, and property. **12 p.m. EST**

**JUNE 18 — COMMUNICATION SKILLS FOR COLLABORATION** - Learn about different communication styles, why communication sometimes fails, and strategies to create a respectful and cohesive workplace. **12 p.m. EST**

# NYS-BALANCE MONTHLY WEBINARS:

## An online learning resource for you

To make learning less complicated, NYS-Balance provides online training through the monthly webinar series. Sessions cover a range of practical work and life topics.

### REGISTER IN ADVANCE OR VIEW LATER ONLINE

For any webinar that you plan to attend, be sure to register in advance on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break or lunch time, you can view it later online at your convenience.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit [www.worklife.ny.gov](http://www.worklife.ny.gov).

Andrew M. Cuomo, Governor,  
State of New York

NYS-Balance is a resource and referral program offered by Work-Life Services with funding provided by the negotiated agreements between the State and CSEA, PEF, UUP, DC-37, NYSCOPBA, GSEU, and Council 82, and by the Governor's Office of Employee Relations for employees designated M/C.

Copyright © 2015  
NYS Governor's Office  
of Employee Relations  
1/15

Please contact your Human Resources Office, EAP Coordinator, or Work-life Services at [worklife@goer.ny.gov](mailto:worklife@goer.ny.gov) for the username and password to access this website or for the toll-free number to call NYS-Balance.

**life**  
less complicated