



WEBINAR CALENDAR:

All webinars are scheduled from noon - 1:00 p.m.

JUL 21 — READY-SET-RETIRE: It's Not Just About Money - Retirement planning is not just about your pension or 401k, it's an entirely new chapter in your life. Investigate ideas to better prepare you for the retirement years to come.

AUG 18 — PARENTING KIDS FOR SUCCESS AT SCHOOL: Parents Taking Action - Parents play a crucial role in helping children succeed in school. Explore the factors that contribute to school achievement. Participants will learn strategies to help children become responsible and engaged learners.

SEPT 15 — LEGAL EASE: Getting Your Affairs in Order - Be prepared and organized for your future and that of your family. Learn about the five documents that everyone should have to prepare for the unexpected.

OCT 20 — GENERATIONS IN THE WORKPLACE: The ABCs of Working With the XYZs - Today's workforce is comprised of generations with different values and priorities. Learn to identify the characteristics and key motivational factors of each generation to foster successful work groups.

NOV 17 — STRESS MANAGEMENT: Preventing Burnout - Do you know how to identify the signs and symptoms of burnout? Learn helpful methods for taking care of yourself, techniques to manage stress and avoid burnout, and jumpstart your enthusiasm for life.

DEC 15 — HEALTHY EATING: Eating Your Way to Wellness - We always hear about having healthy eating habits. This session will help you improve your eating patterns, focusing on MyPlate, with tips and resources on how you can eat your way to better and long lasting health.

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.

Andrew M. Cuomo, Governor,
State of New York

Gary Johnson, Director,
Governor's Office of Employee Relations

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