

2026 RESOURCES FOR LIVING LIVE SEMINARS

Date and Day	Month	HR (portal and host)	Course	Teams/ Starr U Links	Course Number
WED 1/21	Jan	Sam	Goal Setting for Life and Work Do you want to achieve more in all areas of your life? You can improve your performance, enhance motivation and increase your self-confidence by setting and achieving your goals. This training will increase your pride and satisfaction by: • Teaching you effective goal setting skills • Helping you to recognize barriers to goal achievement • Having you establish appropriate and realistic goals in the context of your life roles	Teams Link Register Here	API11006
THURS 2/19	Feb	Lisa	The Company You Keep – The impact of your inner circle Who you spend time with matters—a lot. The people in your inner circle can lift you up, help you grow, or sometimes hold you back without even realizing it. In this session, we'll talk about how your relationships affect your mental and emotional health, and how to build a circle that truly supports you. We'll review: • Why good friendships are so important for your health • How to spot the difference between helpful and harmful relationships • Simple ways to strengthen your social connections and feel more supported	Teams Link Register Here	ADL6022
THURS, 3/19	Mar	Sam	Harnessing your Personal Power Mental health in the workplace is top of mind for everyone these days. While our understanding may change, it's worth starting with the basics. Join us for this training where we will: • Explore your inspirations and strengths • Help you find purpose in everyday tasks • Learn about daily well-being strategies and how to keep moving forward	Teams Link Register Here	AHW8015

WED 3/11	Q1 Add	Sam	Smart tax moves-Understanding tax returns This event is an overview designed to help you better understand and feel more confident about the tax filing process. Learn about the basics of tax returns, such as determining your filing status and calculating your taxable income, and more advanced topics like tax deductions and credits. We'll also explore the different types of tax returns, including federal and state returns, and how to file each one.	Teams Link Register Here	MF7004 – 60 min
THURS 4/16	Apr	Lisa	Nutrition basics Do you want to have a healthier diet? This training can help. You will come away with an understanding of the nutritional needs we all have. You'll also receive information on: • Ways to maintain healthy and balanced eating habits • Developing an understanding of the different elements of nutrition • The purpose of vitamins • Healthy food choices	Teams Link Register Here	AHW8018
THURS 5/21	May	Sam	10 questions to become a better you Personal growth is important. It can lead to new and fun experiences. And it can open doors to success. But what do you do when you feel “stuck”? This training will review: • Barriers to improvement • How to commit to your goals • Ways to become a better version of yourself	Teams Link Register Here	API11018
6/17	Jun	Lisa	Time for you-Don't be part of the no vacation nation Did you know that more than half of Americans do not use up all of their paid vacation time? Family obligations, work responsibilities and other concerns get in the way but taking vacations can do wonders for one's physical & mental wellbeing, creativity and resiliency. Join us for this training and we will: • Review vacation-related statistics • Discuss how vacations support physical and mental wellbeing • Explore vacation obstacles • Learn about how taking time off helps you to be your best self • Review vacation activities for your mind and body	Teams Link Register Here	AHW8010

6/10	Q2 Add	Lisa	Caring for aging loved ones More and more of us find ourselves caring for our parents or elderly loved ones. Join us to learn some of the basics. Learn how to assess your loved one's needs. Hear about how to make choices with your loved one. Get tips on when and how to discuss your loved one's needs as independence skills decline. We'll help you: • Evaluate your loved one's needs • Find resources for care in the home and community • Communicate with other family members • Evaluate your own level of responsibility • Involve your loved one in decision making • Learn tips for long-distance caregiving	Teams Link Register Here	AAC4005
7/22	Jul	Sam	Understanding social anxiety Social anxiety is more than just being shy—it can make everyday interactions feel overwhelming. And in the workplace, that can lead to misunderstandings or missed opportunities to connect. In this session, we'll break down what social anxiety really looks like and how you can be a more supportive teammate. In this training, we will review: • What social anxiety is and how it shows up • How to spot the signs in yourself or others • Easy ways to be more understanding and help people feel comfortable	Teams Link Register Here	AHW8024
8/19	Aug	Lisa	Unplug to recharge Most of us use electronics and social media. And while it's hard to deny the advantages of technology, many have an unhealthy attachment to it. Feeling like you're caught up in the social media madness and need to recharge? This training will talk about: • Symptoms of technology burnout • Physical and emotional effects of connection overload • How to begin a digital "detox" • The positives of unplugging to recharge our bodies and minds • Steps to have a better balance	Teams Link Register Here	ADL6021

9/23	Sep	Sam	Perils of procrastination and perfectionism Is there a project you know you should start but can't just seem to get started? Perhaps you heard the expression "Do it right or don't do it at all". This back and forth can create increased anxiety and stress which further complicates the problem. This training will: • Explore the definitions and root causes of procrastination and perfectionism • Discuss myths and truths behind this dynamic • Review tips to tame procrastination and perfectionism	Join the meeting now Register Here	API11024
9/9	Q3 Add	Sam	Returning to school safely Getting your children back to school is an exciting time of year but parents are often faced with various challenges and concerns. With continued news about peer pressure, violence, health related issues, bullying, academic pressures and mental health concerns, a parent has to wonder "How do I keep my child safe?". Join us for this training and we will review: • The primary concerns related to returning to school • Effective strategies to help children feel safe and confident • Best practices for establishing routines and ensuring a smooth transition	Join the meeting now Register Here	ACC1006
10/21	Oct	Lisa	Change mastery This training explores the impact of change and our response to it. Take a brief personal inventory to see how change may affect you in the next year. Do you tend to be proactive or reactive? Do your beliefs limit or empower you? Come and learn positive strategies to cope with change. Discover how you can handle change successfully. We'll review: • The impact of change (personal inventory exercise) • Personal strategies when facing change • Phases of transition • Proactive vs. reactive response to change • Change hardiness (resilience)	Join the meeting now Register Here	API11004

11/18	Nov	Sam	Impact of gratitude What are you thankful for? According to current research, gratitude is strongly associated with happiness. You feel good about something and in turn your appreciation makes someone else feel good as well. So, how do we bring more gratitude into our life? In this training, you will learn about: • The definition, impacts and importance of gratitude • How gratitude affects the body and mind • How to express gratitude in your life and into the lives of others • Incorporating gratitude exercises in your life	Join the meeting now Register Here	API11009
12/16	Dec	Lisa	Health and humor They say that “Laughter is the best medicine”. It certainly is a great way to boost your well-being, improve your health and enhance your mood. This training will explore: • Definitions and humor statistics • The physical and mental benefits of laughter • Different theories and history of laughter • Laughter therapies • Tips to incorporate humor and laughter into daily life	Join the meeting now Register Here	AHW8017
12/9	Q4 Add	Lisa	Holiday stress-What to expect and how to cope The holidays are painted as cheerful and relaxing. So, why do we get so stressed? Let’s look at what contributes to our stress and learn ways to reduce this level and truly enjoy those special occasions. Participants will: • Learn to address the stress of the holidays • Find ways to make the holidays more enjoyable • Learn tips to manage holiday stress	Join the meeting now Register Here	AHW8007

Credits for the year : 30

Credits left with above schedule : 8

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