

EMPLOYEE BENEFITS **RESOURCES**



COMPSYCH[®] GuidanceResources[®]

COVID-19 WEBINAR SERIES

Overview

The COVID-19 pandemic presents a range of challenges and stressors in our personal and professional lives. ComPsych's trainers have designed a series of webinars to offer guidance and best practices to help you navigate the unique situations that many people will encounter over the coming weeks.

This series includes 5 training titles, each of which will be delivered as a live, interactive session 3 times to accommodate people across the globe in various time zones.

The live dates have capacity limitations, and it is likely that some of these webinars will exceed capacity. If that happens, some people will receive a message informing them that the session is full when they try to join. Although the webinar itself has capacity limitations, we are not limiting the number of people who can register. By allowing everyone to register, we are able to gather email addresses and send all registrants a recording of the session within 24 hours of the live webinar. Rest assured, if you are unable to get in to the live session, you will receive an email with access to the recording.

1. Why Can't I Stop Eating? How Emotions Impact Our Eating During the COVID-19 Pandemic

Date/ Time

[Tue, Mar 31st 9pm US Eastern](#)
[Wed, Apr 1st 8am US Eastern](#)
[Wed, Apr 1st 3pm US Eastern](#)

2. Managing Worry & Anxiety During The COVID-19 Pandemic

Date/ Time

[Wed, Apr 1st 9pm US Eastern](#)
[Thurs, Apr 2nd 8am US Eastern](#)
[Thurs, Apr 2nd 3pm US Eastern](#)

3. Tools To Handle Covid-19 Related Stress

Date/ Time

[Thurs, Apr 2nd 9pm US Eastern](#)
[Fri, Apr 3rd 8am US Eastern](#)
[Fri, Apr 3rd 3pm US Eastern](#)

4. Self-Isolating Together: How to Get Along With Your Partner and Kids During The Pandemic

Date/ Time

[Mon, Apr 6th 9pm US Eastern](#)
[Tue, Apr 7th 8am US Eastern](#)
[Tue, Apr 7th 3pm US Eastern](#)

5. Being An Effective Manager During The COVID-19 Pandemic

Date/ Time

[Thurs, Apr 9th 9pm US Eastern](#)
[Fri, Apr 10th 8am US Eastern](#)
[Fri, Apr 10th 3pm US Eastern](#)