

2026 ComPsych EAP Monthly Live Webinars for Employees & Managers

We're happy to announce the 2026 ComPsych EAP webinar schedule for employees and managers. The schedule includes monthly live orientation sessions and personal development workshops that are held throughout the year on a variety of topics. Here's an overview of when they are held each month:

- **Employee orientations** – held on the **second Wednesday of every month**.
- **Manager orientations** – held on the **second Thursday of every month**.
- **Personal development workshops** – held on the **second Tuesday of every month**.
- **ComPsych Huddles** – are also available for all members on GuidanceResources Online. Huddles are **interactive online groups focused on education, skill building and social connection**. Huddles cover a range of topics including self-care, nutrition, relation techniques, resiliency and more. To access Huddles: register or login to guidanceresources.com (new users register using organization Web ID: Guardian), select *Browse All Services* and choose *Online Huddles*.

January:

Employee Orientation

Date: January 14

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/3819741229036662623>

Manager Orientation

Date: January 15

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/286479304876182877>

The Psychology Behind Saving Money and Other Good Financial Habits – On Demand Training

Date: January 13

Time: Noon-1pm CST

Recording Link: <https://guidanceresourcetraining.ispringlearn.com/app/preview/60ce481d-7d18-11ed-998c-0aad442090ab>

February:

Employee Orientation

Date: February 11

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/1271616434596054871>

Manager Orientation

Date: February 12

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/1829672461762179167>

Intention Setting to Transform Your Life

Date: February 10

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/6532608051190969945>

March:

Employee Orientation

Date: March 11

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/4613805228081708127>

Manager Orientation

Date: March 12

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/2441059200921940831>

Strengthening Your Ability to Empathize

Date: March 10

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/5699460811825147741>

April:

Employee Orientation

Date: April 8

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/1110545677708358495>

Manager Orientation

Date: April 9

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/5995425151266008665>

Stress: A Way of Life or Fact of Life

Date: April 14

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/1043864697030913110>

May:

Employee Orientation

Date: May 13

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/3845578652777936218>

Manager Orientation

Date: May 14

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/4525384701999298656>

Mental Health Awareness for Everyone

Date: May 12

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/5869330960270058075>

Leader Topic: Mental Health Awareness for Leaders

Date: May 12

Time: 1-2pm CST

Link to join: <https://attendee.gotowebinar.com/register/8962706869459973977>

Contact us anytime for confidential assistance.

June:

Employee Orientation

Date: June 10

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/5337652215553718878>

Manager Orientation

Date: June 11

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/7141338368757477984>

The Impact of Substance Abuse on the Family

Date: June 9

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/1985888876314343766>

July:

Employee Orientation

Date: July 8

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/279518296760937816>

Manager Orientation

Date: July 9

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/906780884314139989>

Communication Skills for Families

Date: July 14

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/5995599975115783008>

August:

Employee Orientation

Date: August 12

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/1866091585409181782>

Manager Orientation

Date: August 13

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/7217168387190368352>

Methods and Strategies for Self-Care

Date: August 11

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/7141646233514184797>

Leader Topic: Self-Care Tips for Managers

Date: August 11

Time: 1-2pm CST

Link to join: <https://attendee.gotowebinar.com/register/6738930308631904855>

September:

Employee Orientation

Date: September 9

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/7256236234348773208>

Manager Orientation

Date: September 10

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/1273229418154522207>

Moving Through Grief and Loss

Date: September 8

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/5232406964043987287>

October:

Employee Orientation

Date: October 14

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/7506544454458523744>

Manager Orientation

Date: October 15

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/2748201177071891548>

Languishing, Flourishing, and Your Mental Health

Date: October 13

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/3502837790157011290>

November:

Employee Orientation

Date: November 11

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/2578116624435914325>

Manager Orientation

Date: November 12

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/4207795166961408854>

Parental Burnout: How to Overcome Challenges & Thrive Through Parenthood

Date: November 10

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/5385353429514183517>

December:

Employee Orientation

Date: December 9

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/1292152014461008990>

Contact us anytime for confidential assistance.

Manager Orientation

Date: December 10

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/3304581549731863387>

Meet the Well-Being Coach

Date: December 8

Time: Noon-1pm CST

Link to join: <https://attendee.gotowebinar.com/register/8280172931890291031>