



Free webinars to help you be well

To help you and your loved ones be well — physically, emotionally and financially — these free webinars are hosted by trained facilitators through our GuidanceResources Employee Assistance Program (EAP). Employees and spouses/domestic partners are invited to participate.

Gratitude: A Skill for Happier Living

Learn how to choose gratitude and focus on the positive elements of life with a few simple practices. Register now by selecting a date and time below.

March 13
8 am - 9 am PT

March 14
8 am - 9 am PT

March 15
9 am - 10 am PT

Running on E: Adding Energy and Passion to Your Work and Life

Learn to thrive in today's high pressure world by finding out how to unleash your energy, ignite your enthusiasm and have fun in your job. Register now by selecting a date and time below.

June 5
8 am - 9 am PT

June 6
8 am - 9 am PT

June 7
9 am - 10 am PT

10 Strategies for Improving Your Finances

The financial tips discussed in this webinar will get you on the road to financial well-being during challenging times. Register now by selecting a date and time below.

September 4
8 am - 9 am PT

September 5
8 am - 9 am PT

Living Simply: Simplify Your Life

This webinar addresses the impact of living in the digital age and learning about ways to focus on what's important. Register now by selecting a date and time below.

December 4
8 am - 9 am PT

December 5
8 am - 9 am PT

December 6
9 am - 10 am PT



You can find additional EAP resources at guidanceresources.com (Organization Web ID: AECOM).