



Wellbeing Webinar Schedule

The 60-minute webinars are led live by Drs. Stuart and Seena Haines. They will lead you on a discussion of a critical wellness topic.

You can join other higher education professionals in a journey to achieving wellbeing and resilience.

Sign up for as many as you'd like and start thriving!

Topic	Date	Time
Digital Diet	Friday, March 31, 2023	12:00-1:00 PM Central
Character Strengths	Friday, April 28, 2023	12:00-1:00 PM Central
Power of Play	Friday, May 12, 2023	12:00-1:00 PM Central
Emotional Intelligence	Friday, June 30, 2023	12:00-1:00 PM Central
Vulnerability	Friday, July 28, 2023	12:00-1:00 PM Central
Goal Setting	Friday, August 25, 2023	12:00-1:00 PM Central
Self-Compassion	Friday, September 29, 2023	12:00-1:00 PM Central
Joy at Work	Friday, October 27, 2023	12:00-1:00 PM Central
Life Domains	Friday, November 17, 2023	12:00-1:00 PM Central
Social Wellbeing	Friday, December 15, 2023	12:00-1:00 PM Central
Financial Wellbeing	Friday, January 26, 2024	12:00-1:00 PM Central