

2025 café series webinar calendar.

All featured Café Series webinars are available for the duration of the month.

JANUARY

Identity Theft: What Can You Do About It?

Identity Theft is the fastest growing crime in America. Around 15.4 million consumers were victims of identity theft or fraud in 2016. The average fraud amount per victim was \$1,038. In this seminar, you will learn what identity theft is and how to prevent it. What you should watch out for in your email? What about suspicious text messages? Learn the red flags. And know what to do if it happens to you.

FEBRUARY

Understanding Neurodiversity

"Neurodiversity" is a word used to explain the unique ways people's brains work. Being neurodivergent means having a brain that works differently from the average or "neurotypical" person. In this session we will learn what neurodiversity is and what it means to be a neurodivergent person. We will explore various neurotypes and gain an appreciation for the varied strengths and differences.

MARCH

Developing Critical Thinking Skills

The ability to make good decisions quickly and to creatively solve problems is what sets some people apart. In fact, for many employers, it is often the most sought after skill set. We all encounter a high volume of information every day. How do we know what is most important or reliable? Though most credit their ability to think critically with their experiences in school, can we cultivate this capacity in our daily personal or professional lives? The answer is yes!

APRIL

The Latest in Sleep Science

New research explains the mystery of sleep and why we need it. This session will explore what happens to the mind and body when we sleep, why it's important to get age-appropriate rest, and how sleep impacts health and well-being. The struggles of sleep disorders, disrupted sleep, and sleep schedules are discussed. Be empowered to sleep better using the latest in sleep science.

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MAY

Fostering an LGBTQIA Inclusive Workplace

Even with recent successes in social justice and popular culture, some gay, lesbian, bisexual, transgender and gender non-conforming employees still face bias, homophobia and discrimination in the workplace. The resulting fear and stress not only affect work performance but overall morale in environments that are not accepting or inclusive in varying degrees. In this workshop we will clarify sexual orientation and gender identity to better prepare all participants to collectively foster an inclusive working environment for all LGBT and gender non-conforming employees.

JUNE

Hold Your Head High: Communicating with Confidence in the Workplace

We all admire people who can communicate comfortably-and effectively-even in challenging situations at work. This seminar will teach two models of effective communication and will help you practice your new strategies in tough scenarios-negotiating your salary, talking with your boss about career development, confronting disrespectful behavior in the workplace, and more.

JULY

Social Media for Parents

How can parents make sure kids are using social media safely and appropriately? Not every parent is involved in social media. If your child is using social media, that is a good reason why you should be too. Learn how to keep an open line of communication regarding your child's activity online, establish privacy, proper boundaries, and monitoring healthy usage.

AUGUST

What EQ Can do for You: Strategies for Enhancing Emotional Intelligence

Emotional Intelligence Quotient (EQ) is more important than IQ when it comes to predicting both personal and professional success. Defined as a combination of self-awareness and self-management skills, as well as our ability to sense and appropriately respond to the needs and emotions of others, EQ is at the heart of effective relationships. Join us for this dynamic session, where you will gain strategies for enhancing your emotional intelligence and learn about its connection to success and fulfillment.

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SEPTEMBER

Finding Harmony: Being a Parent and a Professional

There is perhaps no more delicate balance than being a parent and a working professional. So many of us struggle with how to divide our time, energy and attention. This seminar will discuss the realities of the modern working landscape for parents and how to approach balance in a new, more successful way. We'll review strategies for time and household management. And we'll discuss how to find the most elusive thing of all: quality time just for yourself.

OCTOBER

Your Elder Loved One's Desire: Live Independently

There was a time when families lived close together, women were stay at home caregivers and life expectancy was in the 40's. Fast forward to the present where average life expectancy is in the 70's, families are dispersed, women are in the workforce and elders need care for longer periods of time. Your elderly loved one desire to live independently may not be safe and support their well-being. How do you know what to do? This seminar will provide information on how to assess the needs of elderly loved ones including their physical, mental, environmental and Financial and Financial and Legal condition, what in home services are available, when is it time for care outside of the home, how to talk your loved one about making a change when they say "no". If considering out of home placement how to evaluate facilities and if in a facility how to know if loved one is getting proper care.

NOVEMBER

Mindful Eating

Does eating in your car, wolfing down lunch at your desk, or snacking while watching TV sound familiar? Do you often finish eating something and not really remember the experience? If so, you're not alone-between the hectic schedules we keep and the different roles that food plays in our lives, eating mindfully has become challenging for most of us. During this interactive session, we'll come to understand the concept of mindful eating and how to apply it. We'll also explore the important role mindfulness plays both in managing weight and in enhancing physical and emotional wellbeing.

DECEMBER

Family Ties

In this day and age when everyone is plugged in - what affect is that taking on the members of the family especially the children. Connecting as a family on all levels is key to how children behave in social settings and later in life. Communication skills, dealing with life issues and how they conduct themselves is a learned behavior from parents and other family members.