

MIIA Webinars 4th Quarter 2023

Date and Type	Title	Audience	Presenter
October 31, 2023 1:00 p.m.	Overview: MIIA EAP Services The MIIA Employee Assistance Program has always been an invaluable resource in supporting employee and employer wellness. With tools like employee coaching, management consultation, on-site training, and teambuilding, the EAP promotes individual and organizational wellness across the board. Now, the EAP is offering an exciting array of new services to further help with work-life balance: Medical Advocacy, Life Coaching, Personal Assistance, Video Counseling and more. Join us as we explore how the EAP can help your municipality/organization be its best self. https://attendee.gotowebinar.com/register/1596735409358537567	All Members	WILL BROWN
November 15, 2023 11:00 a.m.	New Science of Stress You can't open a newspaper, magazine, or web page without seeing messages that stress is bad for your health. It's accused of causing heart disease, cancer, and even Alzheimer's. But what if that is not the case? What if stress makes you smarter, stronger, happier, and more resilient? What if stress is just like a muscle and the more you use it, the better it becomes? The latest science finds that it is not the stressor we experience that makes us sick, but our stress mindset. Rather than trying to reduce, avoid or escape our stress, understanding and embracing it may be the secret to resilience and longevity. Attend this seminar to learn about the latest science and strategies regarding stress. https://attendee.gotowebinar.com/register/1573242144408061016	All Members	LISA MALONEY
November 28, 2023 2:00 p.m.	Multigenerational Workforce When considering workplace diversity, most people think of race, religion, and ethnicity. However, today's workplace is perhaps the most diverse with regards to age. Each generation complains about the others - this is NOT new. What is new is the magnitude of the differences. Today's four generations have unique backgrounds and distinctive talents they bring to the workplace. This seminar will help individuals better understand themselves and the diverse group within which they work. https://attendee.gotowebinar.com/register/1898121442136904278	All Members	STEVEN BERNSTEIN
December 5, 2023 11:00 a.m.	Building Cohesion in Municipal Workplaces Teambuilding is not a one-time exercise. Cohesion is not something teams either have or don't have. Teams are built and re-built by the attitudes and actions leaders and members show up with every day. In this presentation, we'll walk through the habits that leaders and members can implement to build healthy, effective teams. https://attendee.gotowebinar.com/register/5632750124831657305	All Members	STEVEN BERNSTEIN
December 14, 2023 2:00 p.m.	Diversity Awareness It is no secret that we live in an increasingly diverse world and society. It is also no secret that human beings often struggle with change and with embracing differences. Today's national unrest tells us just how unfinished we are around understanding diversity and talking about our differences. The tension surrounding the topic of race has made it increasingly hard for people to engage in the productive dialog that we need. This session explores the many dimensions of cultural awareness, the importance of implicit and explicit bias and how to begin thinking about race, privilege and social justice in a way that brings us together rather than polarizes us. https://attendee.gotowebinar.com/register/4752669132122842462	All Members	WILL BROWN