Live Personal Development & Well-Being Webinars

Please join us for these upcoming trainings held specifically for YSU employees based off of interest from the recent spring wellness interest survey. Your participation in these webinars will qualify you for points within the Living Well Incentive Program and you just might learn a new thing or two.

**Mental Health in the Workplace** on January 19 at 12pm
In the workplace, where the average American spends the majority of their waking life, it is everyone’s responsibility to recognize the troubled employee, understand the methods of recognizing mental health issues and the importance of prevention. By learning the warning signs and working through a list of Do’s and Don’ts, an action plan is developed to create a healthy corporate culture free of stigma and shame. (Presenter: Ria Dark) [Register Here]

**Understanding Credit Report & Credit Score** on February 17 at 12pm
This workshop provides the basics to help people understand the important of taking charge of one's credit identity. Participants leave knowing how to access their personal credit report and obtain their credit score, as well as how to use the information contained on the reports to impact their financial lives. It will cover the following information: What is a credit report and credit score; How does information get reported; How to access your report; How you can dispute information on your report; and How your credit report and score can help you build a strong credit identity. (Presenter: Apprisen) [Register Here]

**Inflammation & Chronic Diseases** on March 11 at 12pm
Learn about the causes and symptoms of inflammation and the health risks associated with it. Identify how lifestyle changes (diet & exercise) can reduce inflammation and help with chronic diseases such as diabetes, arthritis and heart disease. (Presenter: Keith Zimcosky) [Register Here]

**Fostering Inclusion** on April 13 at 12pm
Understanding the cultural iceberg and valuing the advantages of diversity. Examining the Johari Window and how to monitor internal messages. Developing effective interruptive behavior and creating personal goals to plan for change. (Presenter: Ria Dark) [Register Here]