



2017 Podcast Calendar

	Monthly Theme	ENCOMPASS Facilitator	Description — Podcasts will be available mid-month and will be archived in our NEW podcast center on our site
MAR	What's All This Happy Crap About?	Dr. Alison Brown	The power of positive self talk and positive psychology can change your day, your outlook and your experience. Join us to learn some tips!
APR	STAYING POWER: Caring For Yourself and Your Loved One	Lisa Bolt, LLMSW	Caregivers often take on logistics, care responsibilities AND emotions. After understanding how this impacts YOU as the caregiver you'll learn some specific strategies to take care of yourself in the midst of caring for your loved one.
MAY	#HAPPYKIDS #HOW?!?	Laura Blanchard, MA, LPC	Join us for some tips on parenting in today's world. This world keeps getting more and more complex, which makes parenting a more difficult task.
JUN	GOING THE DISTANCE: Small Change – Big Payoff	Sara Eklove, LMSW, SAP	Exploring behavior changes to improve our lives makes sense, but how much change at once is sustainable? Join us to find some strategies for making changes that will last a lifetime
JUL	MIXOLOGY: Celebrating Differences	Michele Kimmel-Fors	Identify the characteristics and key motivational factors of differences in the workplace. Explore commonalities and discuss differences to build strong teams while bridging the gaps.
AUG	SAYING GOODBYE: Honoring the process of grief and loss	Lorie Shier, M. Div and Susie Mansfield, LLPC	Grief and loss trigger conflicting emotions. Explore your own reactions to loss, from a death to divorce. Learn why some people are stuck in a "grief rut" as you discuss more healthy ways to grieve.
SEP	TMI: Find your way to the right resources	Lisa Bolt, LLMSW	Managing the enormous amount of information that is thrown at us is difficult. Understand what contributes to information overload and apply tips and tools for effectively managing information.
OCT	ENERGY BOOST: Movement Matters	Guest Facilitator from ALLEGRO Coaching!	Sedentary behavior is the fourth leading risk factor of death for people all over the world. Learn to incorporate frequent desk exercises and movement into your day. Additionally, learn proper ergonomic tips to help ease job stress and reduce chronic injury.
NOV	GRATITUDE ADJUSTMENT: Appreciating all that is good	Sara Eklove, LMSW, SAP	The ability to reframe a situation can be very powerful in changing one's life experience. Join us to hear some tips on finding reasons to be grateful in every experience.
DEC	SEEKING BALANCE: Is it A Feasible Task?	Jessi Zielinski, LMSW, SAP	Join us to discuss how to create balance through the holidays and into 2018. Creating balance is an everyday experience, and a mindset, not an algorithm. What elements do you need in your life?