There are two Cigna EAP Wellness Webinars available for February. Each are one hour in length and will take place on Wednesdays at 2pm. Registration information, live seminar broadcasts and replay information can be accessed directly at the Cigna Wellness Seminar portal: http://www.media-server.com/m/s/veadmou2/lan/en

February 2015 Seminars:

Effective Time Management - Wednesday, February 11, 2015 at 2pm ET
Working late again? Weekend to-do list never getting any shorter? It’s time to figure out where your time goes and how to regain control of it. We’ll review key moves, such as prioritizing, delegating, and how to say “no.” Learn how to handle time “wasters,” like interruptions and procrastination. Find out how to get time back on your side!

Bridging the Gaps: Generations Working Together - Wednesday, February 25, 2015 at 2pm ET
Have you ever had a “What were they thinking?” moment with someone younger or older at work? You may have stumbled into a generation gap. Join us to understand how generational traits occur in the workplace. Discover generational code breakers to help you work better with coworkers of all ages.

User ID / PIN for Cigna EAP site:

- User ID: depauwuniversity
- PIN: employee

Don't forget, you can see details on these webinars (and others) at the DePauw wellness site here: http://depauwtigers.com/im_rec/fitness/wellnesssessions