Upcoming Acentra Workshops

**January: New Year’s Resolutions**

Date: 1/16/2024

Time: 12:30pm

Description: Almost 75% of Americans make New Year’s resolutions, a tradition that goes back thousands of years! Join this fact-filled class about resolutions that provides guidelines for success and how to create a resolution that is important and achievable for you. This interactive course will allow participants to share their resolutions, find support from their network and online resources, and provide a roadmap to be successful in staying on the course all year long!

[Click here to watch the recording!](https://bli-meetings.webex.com/recordingservice/sites/bli-meetings/recording/854a3a8396cb103cb1ee56475f4bf4e8/playback)

**February: Trust**

Date: 2/14/2024

Time: 12:30pm

Description: Trust is the cornerstone of every relationship. In this class, participants will define trust and recognize the essential component of trust to maintain meaningful relationships within our personal and communal lives. Join this interactive session as we discuss how to earn and maintain trust, how trust can be lost, and what you can do to earn it back.

[Click here to watch the recording!](https://bli-meetings.webex.com/recordingservice/sites/bli-meetings/recording/dbb144f9ad94103cbe7526058bdf649e/playback)

**March: How to be an Inclusive Leader**

Date: 03/12/2024

Time: 12:30pm

Description: In this seminar, participants will learn the components of fostering an inclusive environment, and why it is more important than ever before. Today’s challenging times require leaders are equipped to meet the moment with the skill set to ensure our workplace allow all voices to be heard. This class will provide resources on addressing implicit bias, the importance of psychological safety, and best practices for creating an inclusive work environment.

[Click here to watch the recording!](https://bli-meetings.webex.com/recordingservice/sites/bli-meetings/recording/1882f28bc2c5103c9dffa28a0455975a/playback)

**April: How Financial Stress Affects the Workplace**

Date: 04/17/2024

Time: 12:30pm

Description: The financial stress of the past few years seems likely to continue in our ever-changing economy. The long-lasting impact of the pandemic has had an effect on many facets of our lives, including our work performance. In this class, participants will examine the stressors to be aware of and how to take control of key financial aspects of their lives that can improve their overall workplace experience.

[Click here to watch the recording!](https://bli-meetings.webex.com/recordingservice/sites/bli-meetings/recording/7e27058ddf0e103cb53a3e8da7339065/playback)

**May: Best Practices for Supporting Others**

Date: 5/14/2024

Time: 12:30pm

Description: This seminar will allow participants to discuss best practices and techniques for providing support to others. Participants will learn how they can provide support without taking on the role of a counselor or therapist and leave with real life strategies and resources they can use to listen to and support their loved ones. Join this interactive discussion as we role play how best to react to workplace dynamics that will be well received by your employees.

**June: Eating Right for Life**

Date: 6/12/2024

Time: 12:30pm

Description: If donuts for breakfast, candy bars for lunch, and constantly making impulse decisions while eating on the run sound familiar, then this is the class for you! Participants in this seminar will learn the benefits of nutrition including the importance of making informed food choices to develop and maintain sound eating habits. Expect to leave this interactive session understanding what your body needs for optimal health and the key nutritional guidelines to follow.

**July: Exercise as You Age**

Date: 7/16/2024

Time: 12:30pm

Description: As the body gets older, understanding the changes in the mechanics of the body is important to determine what kinds of exercise is optimal for overall health. In this seminar, we will journey through some common methods for injury and illness prevention and treatment, through fitness and wellness. Participants will leave with the knowledge to plan a workout regimen that is adaptable to their own levels of physical fitness.

**August: Science of Goal Setting**

Date: 8/13/2024

Time: 12:30pm

Description: Goal setting and willpower are conscious activities that can lead to healthier habits and achieving new levels of success. In this class, participants will review the key components and self-reflection questions needed to reach your goals. Join this interactive session as we examine how the brain works, create personalized road maps, and review the useful tools needed to stay motivated and create long term behavior changes.

**September: Parenting Your Teen: At Risk Behavior**

Date: 9/17/2024

Time: 12:30pm

Description: Being a supportive parent to a teenager today comes with unprecedented challenges, as well as new ways to engage and empower our soon to be adults. In this session, participants will address the risky behaviors that teens are currently engaging in, as well as acknowledge the progress teens have made from previous generations. Together, we will review the essential facts of at-risk behavior and provide a safe space for parents to share their current fears and struggles. Resources for further support and how to identify at risk behavior in our teenage children will be provided to all participants.

**October: Health and Wellbeing in the Workplace**

Date: 10/16/2024

Time: 12:30pm

Description:

**November: Holiday Budgeting Workshop**

Date:11/12/2024

Time: 12:30pm

Description: The holiday season is a time of great joy but may lead to budgeting issues when we check our financial information in the new year. In this class, participants will learn how to prevent sticker shock from the holidays and keep our spending in check. Together, let’s discuss best practices for enjoying but not overindulging and regretting our holiday decisions.

**December: Campus to Career: Transitioning into the Workplace**

Date: 12/18/2024

Time: 12:30pm

Description: For most graduates, it can be challenging to make the transition from being a college student to a working professional. Trading the campus life and study sessions for a full-time office job is a big change that not everyone is prepared for. “Campus to Career” is the perfect seminar for anyone seeking to effectively acclimate to this exciting transition in their lives.