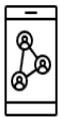


# 2026 MIIA EAP Professional Development Training



## UPCOMING WEBINARS

Our team of expert in-house trainers produce and present monthly webinars on topics across all areas of whole health. Click the Register Here to register.



### MIIA EAP Presents Social Media Awareness in the Workplace

This interactive discussion explores the blurring of our social and professional worlds due to technology. How do we effectively use social media for personal means and professional purposes yet maintain high standards of professionalism even after we've punched out? In this discussion, we will explore the concept of what good can come of using the internet in the workplace, minding your manners when using it, and concepts around policy development and enforcement.

February 18, 2026 | 11:00 AM – 12:00 PM ET



[Register Here](#)



### MIIA EAP Presents Best Practices in Meeting Facilitation

Communicating effectively is a skill that requires a lifelong commitment to self-awareness, practice, and heeding feedback from others. When we feel we could have made our point clearer or were misunderstood, we have an opportunity to learn new skills to improve our professional and personal relationships. As a meeting facilitator, your role is to create a forum where communication is lively, engaging, and on topic. This seminar will address the question: Why are some meetings engaging and fun? We will explore the value of meetings, your role as facilitator or meeting member, and what you can do to keep energy up.

March 5, 2026 | 2:00 – 3:00 PM ET



[Register Here](#)



### MIIA EAP Presents Gambling Challenges: Resources and Support

The EAP has seen a dramatic increase in municipal employees seeking assistance for themselves or a family member related to gambling addiction and financial strain related to gambling losses. This session is designed to provide an in-depth overview of problem gambling and the resources available to help people dealing with this challenge.

March 19, 2026 | 11:00 AM – 12:00 PM ET



[Register Here](#)



### MIIA EAP Presents Budget Boot Camp

This topic is designed to help uncover habits, attitudes and myths that help people to have more control over their finances and money choices. This hands-on topic creates an engaging group discussion, one-on-one reviews of finances, and focuses on the impact of keeping a spending plan.

April 7, 2026 | 2:00 – 3:00 PM ET



[Register Here](#)

# 2026 MIIA EAP Professional Development Training



## UPCOMING WEBINARS

Our team of expert in-house trainers produce and present monthly webinars on topics across all areas of whole health. Click the Register Here to register.



### MIIA EAP Presents Workplace Discrimination and Harassment Awareness

This seminar heightens participants' awareness of harassment in the workplace. Federal laws, State laws and company policies that protect workers from harassment are discussed. Participants are encouraged to examine their own attitudes and behavior, as well as the impact of their behavior on co-workers. Discussion will include review of recent court rulings and policy recommendations.



April 28, 2026 | 11:00 AM – 12:00 PM ET



[Register Here](#)