



LIGHTNING

LUNCH - N - LEARN

Lightning Lunch-n-Learns are one-hour sessions that run 11:30 a.m. - 12:30 p.m. on a bi-monthly basis. This year, the focus is on wellness, with sessions facilitated by our Employee Assistance Program provider, Health Advocate.

Interested? Sign up through myUCF:
Employee Self Service > Learning and Development >
Request Training Enrollment > Search by Course Number

**09
FEB**

EAP131 - Resiliency: Moving Forward in Changing Times

Stress can impact us both personally and professionally, yet these challenges can also create opportunities. Developing or strengthening resiliency can be invaluable to help chart the path forward. Practicing resiliency can also help adjust your mindset so you can find a new perspective to successfully move ahead. This session discusses strategies to build resiliency, so participants can protect themselves against high stress levels, making stress more manageable so they can determine the best next steps.

**05
APR**

EAP132 - Finding Balance in a Digital World

Prior to the COVID pandemic, many of us became increasingly reliant on technology in our daily lives. However, since the pandemic, virtual life has become the norm as we now do everything online - from work to school to socializing and more. It may no longer feel like we have the option to unplug, yet it is important to consider how to use technology in a way that enhances (rather than detracts from) our mental health and well-being. This webinar reviews how to better understand this modern dilemma and explores strategies to find more balance and avoid technology burnout.

**15
JUN**

EAP125 - Avoiding Burnout

Employees who try to work too hard or do too much can become overly stressed. The final stage of this stress response is burnout, which is a concern for employers who want to maintain productivity in the workplace. This workshop teaches participants about the physiological and emotional dangers of stress and burnout, as well as how to develop more efficient and effective coping skills.

**23
AUG**

EAP 133 - Improving Overall Wellbeing: The Mind-Body Connection

There is growing evidence of the connection between our mental and physical health. How we think affects how we feel, which impacts behaviors like keeping our bodies active and moving. By becoming more conscious of how these pieces work together, we can take more effective steps to maintain and improve our overall well-being. Throughout this webinar, participants will discover how to make choices to feel their best, even during times of stress. It will also discuss how exercise can improve mood, as well as creative ways to stay active despite one's current challenges.

**12
OCT**

EAP134 - Mindfulness: An Experiential Workshop

Mindfulness can reduce stress and improve concentration, focus, health, efficiency and accuracy. In this workshop, participants will review the key principles of mindfulness, and be guided through real-life exercises that demonstrate its impact on many different stressors, challenges and situations.

**06
DEC**

EAP135 - Finding Balance in Busy Lives

Finding balance between our personal and professional lives is something many people strive for. However, consistently striving to achieve total balance can lead to feelings of guilt. By setting and working towards attainable goals at work and home, we can find ways to reduce guilt and feel more balanced. This webinar offers daily tips and long-term strategies to find the work/life balance that works for you, minimizing stress in the process.



Questions? Reach out to HRLearning@ucf.edu