

2016 Communication Plan



January	Achieving Your Goals Learn about all that the program offers to help you define and reach your goals this year -- whether personal or professional -- starting with a quick self-assessment. New Podcast: <i>Achieving Your Goals</i>
February	Financial Resilience Tools, quizzes, and resources to help you budget, save for a strong future, and weather difficult financial times. New Podcast: <i>Building Your Financial Resilience</i>
March	Finding Help Learn about the wealth of resources available through the program to support you -- at home and at work -- no matter the issue you may be facing. New Podcast: <i>Finding a Counsellor, Therapist, or Coach</i>
April	Health and Well-Being Take charge of your physical and emotional health. New Podcast: <i>Losing Weight Together!</i>
May	Parenting Whether you're a new parent, a single parent, or one who's raising teenagers, we have resources to help your family thrive. New Podcast: <i>Holding a Family Meeting</i>
June	The Generations at Work How to work effectively in a multigenerational workforce and learn from one another. New Podcast: <i>Becoming a Better Listener</i>



July	Mental Health in the Workplace Resources for managing stress, depression, addiction, and other mental health issues affecting productivity and well-being. New Podcast: <i>Getting Help for Depression</i>
August	Relationships Resources to help you get along with family, friends, and co-workers; resolve conflict; and build strong relationships. New Podcast: <i>Workplace Manners</i>
September	Change Whether you're moving, adjusting to a transition, or starting over, we have resources to help you adapt to change. New Podcast: <i>Coping with Loss</i>
October	Work-Life Fit for Everyone From managing overload to making flexibility work, we have resources to help employees of all ages balance all of life's demands. New Podcast: <i>Tips on Making Flexibility Work</i>
November	Caregiving Learn about all the resources we offer to help you handle the demands and stresses of caregiving. New Podcast: <i>Tips for the Sandwich Generation</i>
December	Mindfulness Learn how practicing mindfulness can help you manage stress, improve focus, adapt to change, and improve the quality of your personal and work life. New Podcast: <i>The Benefits of Slow Parenting</i>

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