

Mental Well-Being Qualifying Webinars

[Family Ties](#)

This webinar shares ways parents can help children develop communication and problem-solving skills and learn to comport themselves in different situations through example and mindful interaction.

[Budgeting Basics: Financial Wellness Is Within Reach!](#)

This webinar takes a more human approach to budgeting, helping you understand the emotional side of money and build a healthier relationship with your finances.

[Your Elder Loved One's Desire: Live Independently](#)

This webinar will provide information on how to assess the needs of elderly loved ones, including: their physical, mental, environmental, financial and legal condition; what in-home services are available; when is it time for care outside of the home; and how to talk your loved one about making a change when they say "no."

[Finding Harmony: Being a Parent and a Professional](#)

The webinar includes strategies for time and household management, and the keys to finding quality time for yourself as a working professional and parent.

[What EQ Can do for You: Strategies for Enhancing Emotional Intelligence](#)

This webinar includes strategies for enhancing your emotional intelligence and how to leverage it for greater success and fulfillment.

[Social Media for Parents](#)

In this webinar, parents will learn how to keep an open line of communication regarding children's activity online, establish privacy, set proper boundaries and monitor healthy usage.

[Hold Your Head High: Communicating with Confidence in the Workplace](#)

This webinar will teach two models of effective communication and will help you practice your new strategies in tough scenarios.

[The Latest in Sleep Science](#)

This webinar explores new research that explains the mystery of sleep, why we need it and how to improve it.

[Understanding Neurodiversity](#)

In this session we will learn what neurodiversity is and what it means to be a neurodivergent person. We will explore various neurotypes and gain an appreciation for the varied strengths and differences.

[Strategies for Stress Relief](#)

In this seminar, we will discuss the symptoms of stress, how they manifest in daily life, and ways to manage stress effectively. The goal is to help every participant develop at least one new strategy to help them feel less stressed.

[Practicing Gratitude to Boost Happiness](#)

This webinar explores ways to incorporate more gratitude into daily life. Gratitude can open your heart and mind and allow you to feel more present, generous, thankful, empathetic, kind, patient, positive and aware of the beauty surrounding you.

[Putting Out the Fire: Preventing and Managing Burnout](#)

This webinar defines burnout, explores ways to recognize when you're at risk, and offers viable strategies to combat it.

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