**Upcoming KEPRO Workshops**

**Updated 12/19/2023**

**January**

**Topic: A New Look at Wellbeing**

**Date/Time:** 1/25/2023 12:00 PM, American/ Chicago

**Session Description**

In this class we will take a look at the factors affecting our well-being, including the pandemic and the impact of the social, political, and economic landscape. We will discuss how to tackle these tough issues so that we can help ourselves and others improve our health and well-being, in spite of the challenges we face.

[**Click here to watch Recording**](file:///C%3A%5CUsers%5Cxhrstu03%5CKEPRO%5CState%20of%20WI%20-%20UW%20Whitewater_A%20New%20Look%20at%20Well-Being-20230125%201803-1.mp4)

**February**

**Topic**: **The Benefits of Crying**

**Date/Time**: 2/22/2023 12:00 PM, America/Chicago

**Session Description**

We all know the line, “there is no crying in baseball”. However, we now know how beneficial crying can be for us. This class will take us through this new research and remind us why we might want to cry!

[**Click Here to watch Recording**](file:///C%3A%5CUsers%5Cxhrstu03%5CKEPRO%5CState%20of%20WI%20-%20UW%20Whitewater%20-%20Benefits%20of%20Crying-20230222%201804-1.mp4)

**March**

**Topic**: **Resilient Leadership**

**Date/Time**: 03/ 22/ 2023 12:00 PM, American/Chicago

**Session Description**

As we reflect on the impact of the past few years, this is the time to take steps to build your resiliency and move forward. In this session, we will help you to re-focus on key components of leadership so that you can demonstrate resiliency and support your employees and colleagues in doing the same

[Click here to watch Recording](https://bli-meetings.webex.com/bli-meetings/lsr.php?RCID=6f2b3af13db61bd2f30499642953acc5)

**April**

**Topic: Today’s Financial Trends
Date/Time:**4/19/2023 12:00 PM, America/Chicago

**Session Description:**
We are living in times of uncertainty and change. As a result, we need to be aware of the current financial trends as well as the tried-and-true financial principles that have served us well throughout the years. In this session, you will learn the impact that inflation and the cost of living have on your household budget. You will also learn about the protections available to you through the FDIC and NCUA. And you will discover that you can reduce your stress, if you learn to better communicate about your goals, values, and objectives, and by making a conscious effort to spend your money where it matters most to you.

[Click here to watch Recording](https://bli-meetings.webex.com/recordingservice/sites/bli-meetings/recording/1fb79adfc102103bbbed96b7f445b5d1/playback)

**May**

**Topic: Grocery Shopping**
**Date/Time:**5/24/2023 12:00 PM, America/Chicago

**Session Description:**
We all make excuses for eating "junk or "fast" food. This seminar will cover realistic strategies that will allow us to eat well without breaking the bank. There are many options and knowing the truth empowers us to make the right choices for our health, and even our wealth. Learn the basics of eating healthy within your financial means, including when to select organic foods.

[Click here to watch Recording](https://bli-meetings.webex.com/recordingservice/sites/bli-meetings/recording/cd5cf8a5dc82103bbfda7e0be5d155ba/playback)

**June**

**Topic: Social Media; How it Affects your Family**
**Date/Time:**6/21/2023 12:00 PM, America/Chicago

**Session Description:**

Kepro-WI is excited to invite you to participate in our upcoming session on Internet Information for Parents delivered by subject matter expert, Amy Walton, a sought-after professional with years of experience in this topic. Amy Walton will give you the opportunity to engage directly with all of your questions and comments will be responded to in a manner which is appropriate for this session. We are excited to bring you this session and are confident that you will find it well worth your time.

[Click here to watch Recording](https://bli-meetings.webex.com/recordingservice/sites/bli-meetings/recording/94cf01aff283103b8f2fd60a911eba62/playback)

**July**

**Topic: Communicating in a Tech World**
**Date/Time:**7/19/2023 12:00 PM, America/Chicago

**Session Description:**
Communicating face-to-face is not always possible in the business world. Today’s communication depends on conference calls, texts and email chains that make it challenging to know when using each is appropriate. Nowadays, it is vital to use technology to communicate with workers worldwide. This class will show you how to interact professionally in the workplace using technology and adapting to communicating within the new generation.

[Click here to watch Recording](https://bli-meetings.webex.com/recordingservice/sites/bli-meetings/recording/da4a022d0883103cbb76ae7efa3ec23f/playback)

**August**

**Topic: Surviving the Stresses of Caregiving**
**Date/Time:**8/23/2023 12:00 PM, America/Chicago

**Session Description:**
Nearly one out of three Americans is providing for a family member. This class will cover the issues of self-care, how to assess your family needs and how to maintain balance in your life. We will also discuss common emotions caregivers may experience and discuss special situations of caregiving.

[Click here to watch the recording](https://bli-meetings.webex.com/recordingservice/sites/bli-meetings/recording/a5928cca2404103cb1af3af12d1b6b6e/playback)

**September**

**Topic: Setting Boundaries**
**Date/Time:**9/20/2023 12:00 PM, America/Chicago

**Session Description:**
With all of the demands and our growing to-do lists, setting boundaries can be the key to being successful and avoiding feeling overwhelmed. In this class, we will take a deep dive into some best practices for boundary setting, how to define reasonable limits, set expectations with others, and how to stay consistent with our boundaries

[Click here to watch the recording](https://bli-meetings.webex.com/recordingservice/sites/bli-meetings/recording/6736c5933a05103cabfeeef01853a4eb/playback)

**October**

**Topic: Dealing with Sleep Issues**
**Date/Time:**10/25/2023 12:00 PM, America/Chicago

**Session Description:**
Do you have difficulty sleeping? Check out this program where you will explore sleep disorders and their causes (circadian rhythms, insomnia and snoring/sleep apnea), discuss the benefits of sleep studies and examine sleep’s relationship to stress and the release of cortisol. Additionally, you will identify ways to address insomnia and leave with helpful resources.

[Click here to watch the recording.](https://bli-meetings.webex.com/recordingservice/sites/bli-meetings/recording/50d520615586103cbe1d1658307bb750/playback)

**November**

**Topic: Accessing Mental Health Support During the Holiday Season
Date/Time:**11/22/2023 12:00 PM, America/Chicago

**Session Description:**

The holidays are a time of great joy for many but can also be an unexpected source of grief and stress. This class will discuss the negative impact the holidays may have on our mental health, destigmatizing getting the mental health support you need, especially in the Black community, and the tools and resources available to you by your employer. Remember, the only mistake you can make is not asking for help.

[Click here to watch the recording.](https://bli-meetings.webex.com/recordingservice/sites/bli-meetings/recording/2fd4ff576b8f103cad71522654022a36/playback)

**December**

**Topic: Looking Back and Looking Forward**
**Date/Time:**12/20/2023 12:00 PM, America/Chicago

**Session Description:**
As we all know, the past few years brought change, transitions, joy and losses. This class will allow you to reflect, learn from your experiences and exhale, as you shift your focus toward the future and on positive growth. This session will be interactive as we will discuss how to move forward while acknowledging what we have experienced.

[Click here to watch the recording](https://bli-meetings.webex.com/recordingservice/sites/bli-meetings/recording/2607ae378190103cbbfd1a657bea52c8/playback)