



The Employee Assistance Program is offering **free** one (1) hour workshops to employees. All workshops will be held **ONLINE**. Additionally, Magellan offers content-specific webinars and resources available to all of its clients; more information on these resources can be found below.

Live Webinars for USF Employees

Thursday, November 18 | Noon – 1 p.m. *Create a Positive Outlook*

Many people find it hard to maintain an optimistic attitude. Some studies show personality traits, like optimism and pessimism, can affect many areas of your health and well-being. In this training, participants will learn and practice skills to help create a positive outlook.

Scan the QR code to learn more!



To learn more about these workshop sessions, please [click here](#) or scan the QR code using your phone. *The URL for the website to connect to the webinar will be posted prior to the date of the session*

Did you know that if you miss a session, you can watch a recording?

The links for USF-sponsored sessions are found [here](#) and [MagellanAscend](#) has many videos and webinars available on-demand.

Live Webinars from Magellan

Wednesday, November 10 | 2 - 3 p.m. *Overcoming Financial Pitfalls*

Learn how to identify common financial pitfalls, coordinate different financial areas of your life, manage the accumulation, distribution, and conservation phases of wealth, and discover how to build a well-rounded financial plan.

Registration is **required** for live webinars from Magellan. Please visit the [Magellan registration website](#) for session and registration information.

Financial Wellness Sessions

Keep your financial goals on track with live webinars.

Live Webinars from Fidelity

[Click Here](#) to register or learn more about upcoming sessions. Please note that you will need to log in to or register for a NetBenefits account to view the schedule of webinars. Please see the [NetBenefits User Guide](#) for assistance with logging into or registering your account.

Live Webinars from TIAA

[Click Here](#) to register or learn more about upcoming sessions.

If you have any questions about these sessions, feel free to contact benefits@usf.edu.