

2021 HR Webinar Series



Cascade Centers EAP introduces our 2021 Webinar Series for Human Resource Professionals.

Each webinar is free and approved for one (1) SHRM credit.

Burnout & Compassion Fatigue: How HR Professionals Can Support Staff During Uncertain Times

**Lindsay Pietsch, MA
March 17th, 2021
11:00 AM (PDT)**

This webinar is designed to provide HR professionals with resources and strategies on how to support staff during crises and uncertain times. Topics discussed include identifying and addressing compassion fatigue, stress reduction interventions to reduce burnout, and strategies to improve individual and organizational resilience.

Diversity, Equity & Inclusion for HR Professionals

**Jackie Moore, MSW, CSWA
June 16th, 2021
11:00 AM (PDT)**

This webinar will focus on strategies to help HR foster a more inclusive workplace for every employee. Topics discussed will include safe and respectful language, skills for becoming a better ally, tips for facilitating conversations with employees on diversity related issues, and strategies for implementing individual and company-wide changes.

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For more information:

Call: 800-433-2320
Text: 503-850-7721
cascadecenters.com



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Integrating Mental Health Strategies into Workplace Wellness Initiatives

Caitlin Plato, MA, CADC
September 15th, 2021
11:00 AM (PDT)

Mental and physical well-being play a crucial role in employee productivity. This webinar is designed to provide HR professionals with information on how best to integrate wellness initiatives into the workplace that are measurable and accessible to all employees.

Mindfulness & Resilience: Tools for HR Professionals to Improve Employee Productivity

Katie Zaugg, MA, LPC, CADC
November 18th, 2021
11:00 AM (PST)

Human Resource personnel have a key role in the workplace. Among several essential functions, employee productivity stands out as a broad and, at times, overwhelming task. In this webinar, you will learn some effective strategies for helping employees increase productivity and engagement in the workplace, such as communication, mindfulness, and resilience.

You can find registration links to our HR Webinar Series on our website here: <https://cascadecenters.com/HR-Webinars>



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