

My Well-being Webinars



Note: You must be logged on to the Northrop Grumman network (NGGN) to view presentations via Skype.

TOPICS & DATES

Paying for College (Employer Username: Northgrum
Password: CARE4YOU)
October 4, 1 p.m. ET

Conversations about community, family, and money
October 6, 2 p.m. ET

Domestic Violence Awareness
October 6, 12 p.m. ET/ 9 a.m. PT or 2 p.m. ET/11 a.m. PT

Reenergize your money goals with special guest Mindy Kaling
October 11, 12 p.m. ET

Bullying and Cyber-bullying Basics (To attend, register for the Bright Horizons Special Needs™ benefit. [Click here to create your account.](#) Already registered for Bright Horizons Special Needs? [Click here to register for webinar.](#))
October 11, 3 p.m. ET

Burnout: What Employees Need to Know
October 12, 12 p.m. ET/ 9 a.m. PT or 2 p.m. ET/11 a.m. PT

Understanding & Preventing Burnout for Managers
October 13, 12 p.m. ET/ 9 a.m. PT or 2 p.m. ET/11 a.m. PT

Mindful Mondays: Guided Meditation - Mindful Pauses
October 17, 12 p.m. ET

Wellbeing Wednesdays: Women's Health Issues
October 19, 12 p.m. ET

Prepare for the Reality of Health Care in Retirement
October 19, 12 p.m. or 3 p.m. ET

Understanding Depression: Signs, Symptoms, Solutions
October 19, 12 p.m. ET/ 9 a.m. PT or 2 p.m. ET/11 a.m. PT

Moving through Grief and Loss
October 20, 12 p.m. ET/ 9 a.m. PT or 2 p.m. ET/11 a.m. PT

Advocating for what you're worth (and what you need) in today's workplace
October 25, 12 p.m. ET

Oral Health and Wellness – The whole “tooth” about a healthy smile (if prompted enter passcode: DeltaDental#1)
October 18, 12 p.m. ET/ 9 a.m. PT

October 27, 3 p.m. ET/ 12 p.m. PT

The Science of Happiness

October 26, 12 p.m. ET/ 9 a.m. PT or 2 p.m. ET/11 a.m. PT

Pregnancy and Infant Loss: Supporting Ourselves and Others

October 27, 12 p.m. ET

MINDFULNESS BREAKS

Join NGCare each week for a guided 10-minute mindfulness practice to focus, energize and de-stress. Cultivate vitality, combat fatigue and sustain your energy with 10 minutes of instructed practice right at your desk.

Tuesdays at 3:15 p.m. ET / 12:15 p.m. PT

Wednesdays at 12:15 p.m. ET / 9:15 a.m. PT