

My Well-being Webinars

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



TOPICS & DATES

Mindful Mondays - New Year Guided Meditation

January 9, 12 p.m. ET

10 Strategies for Improving Your Finances and Reducing Stress

January 11, 12 p.m. ET/ 9 a.m. PT

Wellbeing Wednesdays - Ready, Set, Goal

January 11, 12 p.m. ET

Cutting Through Clutter

January 18, 12 p.m. ET/ 9 a.m. PT

What is Financial Wellness and Why is it Important?

January 18, 12 p.m. ET or 3 p.m. ET

Webinar: Learn How to Excite Students About Engineering

January 18, 12 p.m. ET

Ask Fidelity (scroll towards bottom of page to access webinar sign-up)

January 20, 12 p.m. ET

WW: Building Your Plate

January 24, 12 p.m. ET

Well-Being at Work

January 25, 12 p.m. ET/ 9 a.m. PT

Language Development in the Early Years

January 24, 12 p.m. ET

Letting Go of Things That Hold You Back

February 1, 12 p.m. ET/ 9 a.m. PT

MINDFULNESS BREAKS

New! Mondays in Motion

Improve mood by releasing muscle tension and promoting relaxation with a 10-minute guided stretch break every Monday.

9am PT/12pm ET

12pm PT/3pm ET

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