**2025 / 2026 Duke WELLB Monthly including optional Ambassador Training**

12PM EST/ 11AM CST/10AM MTN/9PAM PST

**monthly webinar offerings plus optional ambassador sessions**

January 16, 2025 | Emotional Exhaustion before and after a Pandemic: The need for Well-Being that is Bite-Sized and Evidence-Based

***Presented by Dr. J. Bryan Sexton***

Emotional Exhaustion rates in healthcare are at historically high levels. In this session we will demonstrate what happens in our heads as our well-being is compromised, and how simple solutions can even be enjoyable.

February 20, 2025 | Neuroscience of Hope

***Presented by Dr. J. Bryan Sexton***

This session demonstrates the evidence behind optimism as a muscle that can be strengthened, and provides a surprisingly simple intervention for cultivating hope.

March 20, 2025 | Best Reset Button Available: The Science of Sleep with Tips and Tricks

***Presented by Dr. J. Bryan Sexton***

How long is a good nap? At what point is caffeine going to impact sleep quality? How important is a consistent sleep onset time? The answers might surprise you.  Here we recognize, anticipate and respond to human limitations associated with sleep deprivation.

April 17, 2025 | Cultivating Well-being with Three Good Things

***Presented by Dr. J. Bryan Sexton***

The most popular of our well-being tools is back this month. This simple, enjoyable and remarkably effective tool can be used for 10-15 days, with measurable improvements across a variety of resilience metrics that endure for over a year.

May 15, 2025 | Signature Strengths at Work

***Presented by Dr. J. Bryan Sexton***

A deep dive into a part of our identities that we often overlook because we are so good at it. Interestingly, focusing more on what we do well (e.g., gratitude, creativity, love of learning, etc.) helps in a variety of ways across our relationships, career and well-being.

June 19, 2025 | Bite-Sized Mindfulness: Being Present in the Age of Distraction

***Presented by Dr. Carrie Adair***

The data are clear: Mindfulness matters. We demonstrate what it means to be in the “present moment” or mindful, review the research on mindfulness for well-being, and how mindfulness can help communication and relationships. An opportunity to practice mindfulness is offered, as well as strategies to boost everyday mindfulness.

July 17, 2025 | Dealing with Difficult Colleagues: Assessing, Understanding and Improving Teamwork

***Presented by Dr. Kyle Rehder***

Disruptive behaviors happen way too often. In this session, we take a deep dive into this familiar concept, looking at drivers and things that impact the frequency and severity of these events. Institutional and individual strategies for dealing with difficult colleagues are discussed.

August 21, 2025 | Grief, Growth or Both?: A Primer on Recovery after Emotional Upheaval

***Presented by Dr. Carrie Adair***

Most humans are in the process of recovering what was lost in recent years - in this session we will demonstrate the way our brains process and recover from emotional upheavals and look at the evidence for do's and don'ts along the way.

September 18, 2025 | The Funny Thing about Well-being: Evidence for Humor

***Presented by Dr. J. Bryan Sexton***

Humor works – it’s good for our marriages, our physiologies, and our ability to bounce back with enhanced perspective. In this session we will share recent evidence and a popular tool for cultivating the ability to find more things funny.

October 16, 2025 | Evidence-based Sleep Hygiene: Advanced Insights on Rest for the Weary

***Presented by Dr. J. Bryan Sexton***

Building on our wildly popular “Science of Sleep” session, this session goes deeper, with the latest findings to guide us through getting the best rest possible, and how to manage fatigue when it is inevitable.

November 17, 2025 | *Session 1: Well-B Ambassador Training*

November 20, 2025 | Relationship Resilience: The Science and Practice of How Other People Matter

***Presented by Dr. Carrie Adair***

This session describes how cultivating meaningful relationships is a health behavior, and how loneliness puts us at risk for lower satisfaction at work and in life, poorer immune system functioning, and even reduced longevity. Importantly, it is the quality, not the quantity, of our relationships that appears to matter most.

November 24, 2025 | *Session 2: Well-B Ambassador Training*

December 1, 2025 | *Session 3: Well-B Ambassador Training*

December 8, 2025 | *Session 4: Well-B Ambassador Training*

December 15, 2025 | *Session 5: Well-B Ambassador Training*

December 18, 2025 | Enhancing Well-Being: Survival of the Kindest

***Presented by Dr. J. Bryan Sexton***

We summarize the research to explain that there are demonstrably powerful benefits to being altruistic, and provide a framework for how to use Random Acts of Kindness at the individual and work setting levels.

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