

Benefits Events Calendar

Webinars are open to all City employees. **If there is no registration information, registration is not required.** Questions? Contact the Benefits Unit at Benefits.Unit@seattle.gov or 206-615-1340. If you have questions about the Deferred Compensation presentations; DeferredCompQuestions@seattle.gov or 206-447-1924.

February 2026			
Date	Event	Time	Location/Registration
2/2/26 Monday	Guided Meditation for Aligning Heart and Mind	9:00 am - 10:00 am	Register here
2/5/26 Thursday	Your Plan is on the Move - Deferred Compensation	10:00 am - 11:00 am	Join here
2/5/26 Thursday	Technology & Exercise	11:00 am - 12:00 pm	Join here
2/10/26 Tuesday	Adapting to Management and Leadership Change	11:30 am - 12:30 pm	Register here
2/12/26 Thursday	Developing a Growth Mindset	12:00 pm - 1:00 pm	Register here
2/16/26 Monday	Love Your Heart	12:00 pm - 1:00 pm	Join here
2/17/26 Tuesday	Communicating Change to Employees	12:30 pm - 1:30 pm	Register here
2/18/26 Wednesday	High Blood Pressure	9:00 am - 10:00 am	Register here