

Benefits Events Calendar

Webinars are open to all City employees. Pre-register for new employee benefits orientation using the email address provided. **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.

May 2024			
Date	Event	Time	Location/Registration
5/7/24 Tuesday	Be Proactive: Career Development Strategies	10:00 am – 11:00 am	Register at https://bit.ly/3QyCCK8
5/7/24 Tuesday	<i>Deferred Compensation: Online Tools and Tips</i>	12:00 pm – 1:00 pm	Register at https://bit.ly/4beJc0g
5/8/24 Wednesday	Is It a Phase or a Problem: Understanding Children’s Behavior Through the Ages	10:00 am – 10:45 am	Register at https://bit.ly/3xRqf5l
5/9/24 Thursday	<i>Deferred Compensation: Retirement 101</i>	3:00 pm – 4:00 pm	Register at https://bit.ly/44ctnVE
5/15/24 Wednesday	Be Proactive: The 5 Buckets Principle	11:00 am – 12:00 pm	Register at https://bit.ly/4b6iRBY
5/15/24 Wednesday	<i>How Deferred Comp Contributions Impact Taxes</i>	12:00 pm – 1:00 pm	Register at https://bit.ly/ContandTaxes
5/16/24 Thursday	Be Proactive: Assertive Communication in the Workplace	12:00 pm – 1:00 pm	Register at https://bit.ly/3UxOWve
5/16/24 Thursday	Quit for Life Tobacco Cessation	10:00 am – 10:30 am	Register at https://bit.ly/3xr3eG9
5/16/24 Thursday	Weight Watchers – Maximize Your Wellness all Summer Long	10:00 am – 11:00 am	Register at https://bit.ly/43Srugg
5/22/24 Wednesday	<i>Deferred Compensation: Personal Finance 101</i>	2:00 pm – 3:00 pm	Register at https://bit.ly/3JBla3P
5/23/24 Wednesday	<i>Deferred Compensation: Distributions and Taxes</i>	12:00 pm – 12:30 pm	Register at https://bit.ly/DistandTaxes
5/23/24 Thursday	<i>Deferred Compensation: Women and Retirement</i>	10:00 am – 11:00 am	Register at https://bit.ly/4bbAtfs
5/29/24 Wednesday	Spring into Mental Health: Supporting Mental Fitness	12:30 pm – 1:00 pm	Register at https://bit.ly/4ahTMmX