2018 Webinar Schedule for Employees & Managers

January

**Communicating Effectively** *(live)* – **Wednesday, January 24**
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: Conveying messages effectively, potential communication barriers

February

**Managing Your Emotions in the Workplace** *(manager session)*
Content includes: Importance – and difficulty – of managing emotions under changing circumstances

**Fundamentals of Mindfulness**
Content includes: Learning to consciously work with your stress, challenges and demands

**What to Look Out for as Our Loved Ones Age** *(live)* – **Wednesday, February 21**
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: Aging challenges, common care issues, possible solutions

**Considering Elder Care Options**
Content includes: Assessing needs of aging relatives, effective communication, care challenges

March

**Substance Abuse and Your Loved Ones** *(live)* – **Wednesday, March 21**
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: Symptoms of substance abuse, withdrawal symptoms, enabling behaviors, self-care

April

**Quality Time for the Time-Pressed Family** *(live)* – **Wednesday, April 25**
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: Advantages, dynamics involved with regular family meetings

May

**Creating Respect in the Workplace** *(manager session)*
Content includes: Dignity and respect in the workplace

**Looking Forward: Breaking Free from Routine**
Content includes: Moving from hoping for change to making a change

**Working with Millennials** *(live)* – **Wednesday, May 23**
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: Common misconceptions, tips, tools

June

**Taking Care of Your Skin** *(live)* – **Wednesday, June 20**
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: Functions of human skin, common disorders, maintaining good skin health

**Creating a Healthy Lifestyle**
Content includes: Setting realistic goals, motivations and barriers to success
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July
Identity Theft Protection and Self-Help (live) – Wednesday, July 25
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: Prevention strategies, red flags and action steps – includes checklist and resources

August
Shifting from Employee to Manager* (manager session)
Content includes: Expanding responsibilities, evolving relationships, changing time commitments

On-the-Job Effectiveness*
Content includes: Tips for increasing individual effectiveness

Bullying (live) – Wednesday, August 22
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: Recognizing when a child is being bullied, ways to address it

September
The Many Faces of Mental Health (live) – Wednesday, September 26
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: Destigmatizing mental illness, recognizing if you or someone you know needs help, developing a supportive attitude

October
Healthy Aging (live) – Wednesday, October 24
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: Impact of individual perception on aging experience

November
Inspiring Employees to Give Their Best* (manager session)
Content includes: Motivating employees – even with routine tasks

Be Thankful! Appreciate Your Co-Workers*
Content includes: Expressing appreciation in the workplace, why it matters

Family and Personal Budgeting (live) – Wednesday, November 28
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: Assessing your “money personality”, saving more, establishing positive budgeting habits

December
Turning the Table on Bad Habits (live) – Wednesday, December 19
Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific
Content includes: Identifying negative habits, stages of change, developing and maintaining positive habits

To access the webinars:
• Go to www.mylifematters.com/my/webinars and follow the directions on that page. Please sign in with your company password.
• For live webinars, click on the link for the webinar you would like to attend and follow the registration instructions. You must register prior to the start of the webinar to attend.
• Transcripts for non-captioned, archived webinars are available upon request.

*These webinars will be available during the month listed. You may request to be notified by e-mail when it is posted.