

# 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

# 2018 Webinar Schedule for Employees & Managers

## 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](http://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.