Webinar Schedule for Employees & Managers

2015

January

Organizing for Productivity *(live)*
Thursday, January 15, 2015; 1-2 p.m. Eastern, 12-1 p.m. Central, 10-11 a.m. Pacific
If you need help getting organized, this is the webinar for you. It looks at the downside of lax organization, helps you determine your own organizational quotient, explores why we’re disorganized, examines the benefits of organization, and identifies how to start. It addresses both home and work, discusses storage issues, helps you determine if it’s a problem, and offers resources.

February

Promoting Wellness in the Workplace* *(manager session)*
We talk about eating right. We encourage exercise. But is there more to it? Yes! Looking at wellness in broader terms provides leaders with an opportunity to take an active role in promoting a healthy and productive workplace.

Finding Peace in the Chaos*
Peace does not mean to be in a place where there is no noise, conflict or hard work. It means to be in the midst of those things and maintain a sense of composure and calmness. This session will provide tips for keeping peace during everyday challenges.

The Facts About Alzheimer’s *(live)*
Wednesday, February 11, 2015; 1-2 p.m. Eastern, 12-1 p.m. Central, 10-11 a.m. Pacific
Understand the symptoms of Alzheimer’s disease, the progression of the disease, and current research. Find out about the differences between dementia and Alzheimer’s as well as all aspects of Alzheimer’s disease.

March

Autism *(live)*
Thursday, March 12, 2015; 1-2 p.m. Eastern, 12-1 p.m. Central, 10-11 a.m. Pacific
This informative webinar will discuss what autism is and how it affects a child’s development and behavior. Parents will learn how to cope and to properly care for a child with autism so that they can grow up to lead healthy and productive lives.

April

Children and Divorce *(live)*
Wednesday, April 15, 2015; 1-2 p.m. Eastern, 12-1 p.m. Central, 10-11 a.m. Pacific
This webinar will discuss many issues affecting children and divorce, including how to tell your children, reassure your children, and deal with self-blame. We will look at children’s basic needs, how to achieve continuity while living in multiple homes, and helping children communicate.
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May

Making Good Decisions Under Pressure* *(manager session)*
We’re often forced to make important decisions under pressure. Whether that pressure is caused by a lack of
time, emotional duress or other factors outside our control; it doesn’t release us from having to make that
decision. We’ll take a look at how we can prepare ourselves to be ready when the pressure hits.

Succeeding Through Kindness*
We lead busy lives – juggling countless pressures and responsibilities at work, at home and everywhere in
between. It’s easy to get caught in an inward focus of getting our own needs met. But what if we could succeed
by shifting our focus outwardly and making kindness an active value in our lives?

Internet Information for Parents *(live)*
*Thursday, May 14, 2015; 1-2 p.m. Eastern, 12-1 p.m. Central, 10-11 a.m. Pacific*
In this webinar we will look at the realities of the internet as well as the benefits. We will discuss the importance
of learning the language of the internet and how to identify concerns and risks. Participants will learn strategies
to increase safety online with instant messaging, social networking, and chat rooms. A list of resources and
monitoring software will be provided.

June

Tips to Organize Your Life and Find Balance *(live)*
*Wednesday, June 10, 2015; 1-2 p.m. Eastern, 12-1 p.m. Central, 10-11 a.m. Pacific*
We will discuss various techniques to keep one’s workday organized, which then leads to increased productivity.
The class will focus primarily on techniques for paper management and time and task management, including
filing systems and using calendars and to do lists.

July

Survival Skills for the Single Parent *(live)*
*Thursday, July 9, 2015; 1-2 p.m. Eastern, 12-1 p.m. Central, 10-11 a.m. Pacific*
This webinar offers a basic discussion of the difficulties of raising children alone. Techniques for caring for your
children’s needs while still having time for you and your needs will be covered. We will review how to enjoy life
even if it has become different than you had expected.
August

**Leading by Serving** *(manager session)*

Leaders show the way by example – either positively or negatively. Servant leadership is a unique balance of guiding an organization, department or team while also humbling oneself to serve others. Generally, servant leaders value the development of their followers, building their communities, acting authentically and sharing power. Please join us to better understand the concept of leading by serving.

**Persistence in the Face of Resistance**

Persistence is the ability to remain determined to complete a task or achieve a goal regardless of any setbacks along the way. Whether it’s learning a new skill or following a project to completion, the level of persistence you bring to the task will impact your success. Learn to become a person that can persist and continue on, particularly when you face challenges.

**Eating Right on the Run and on a Budget** *(live)*

*Wednesday, August 12, 2015; 1-2 p.m. Eastern, 12-1 p.m. Central, 10-11 a.m. Pacific*

We live busy lives which command us to be on the go. Sometimes it can become difficult to eat right while we are on the move. Explore effective ways in which you can eat foods that are healthy for your body and easy on your budget, all without missing a task on your agenda.

September

**Navigating the College Admission Process** *(live)*

*Thursday, September 17, 2015; 1-2 p.m. Eastern, 12-1 p.m. Central, 10-11 a.m. Pacific*

The college admissions process has become fiercely competitive. Both parents and students are facing significant anxiety regarding admission to college. In this session, we will discuss how an admissions committee will assess a student’s distinct background and dialogue about issues like AP courses, SAT and ACT scores, Early Decision vs. Early Action admission, extra-curricular activities, athletic considerations, and financial aid basics. We will also explore the presentation of an appealing resume and application.

October

**The Family Approach to Caregiving** *(live)*

*Wednesday, October 14, 2015; 1-2 p.m. Eastern, 12-1 p.m. Central, 10-11 a.m. Pacific*

Nearly one out of three Americans is providing care for a family member. Oftentimes the entire family has to participate in caring for the family member that needs assistance. We will cover the issues of self-care, how to assess your family needs, and maintaining balance in family life. We will also discuss common emotions that caregivers may experience and special caregiving situations.
November

**Building Tomorrow’s Leaders** *(manager session)*
Leaders are people who have the vision to see what needs to be done and a desire to motivate and energize people to perform excellently. Leaders are found at all levels of an organization – not just at the top of the management structure. However, spotting people with leadership potential is not always easy. To ensure continuing performance, you need to identify these people and cultivate their leadership potential.

**Empathy at Work: Skills to Understanding Others**
Most of us have to interact with others in one way or another to fulfill our responsibilities at work and at home. Empathy is a key factor in how effective we will be as we relate to and connect with others. We will achieve greater success in relationships when we learn how to bring in empathy.

**Positive Guidance and Your Child’s Self Esteem** *(live)*
*Thursday, November 12, 2015; 1-2 p.m. Eastern, 12-1 p.m. Central, 10-11 a.m. Pacific*
Parenting is tough. How do you know what to do to make sure your child grows up with the confidence they need to be successful? What worked for your parents may not work for you. In this webinar, you’ll learn positive guidance tips that will help you on your journey as a parent in today’s ever-changing world and assist you in shaping your child’s self-esteem for the better.

December

**The Brain and Sleep** *(live)*
*Tuesday, December 1, 2015; 1-2 p.m. Eastern, 12-1 p.m. Central, 10-11 a.m. Pacific*
The brain is a powerful organ. Journey with us as we discuss how the brain works so that you can operate and use your brain at peak performance. We will also explore the necessity of sleep and what the brain is doing during the sleep state.

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.*