

2020 LifeMatters® Webinars

January

Enhancing Your Personal Safety (live employee session) – Wednesday, January 22

Two options: 12 p.m. Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 p.m. Pacific

Understand the four pillars of personal safety: awareness, knowledge, intuition/instincts, and strategy, and how to enhance them in your daily life.

February

Making Good Decisions Under Pressure (pre-recorded manager session)

Sometimes, important decisions have to be made under pressure. Learn how to prepare for when crunch time hits.

Finding Peace in the Chaos (pre-recorded employee session)

“Peace” isn’t about avoiding noise, conflict or hard work. This session will provide tips for maintaining composure during moments of challenge or stress.

Cultivating Happiness Within Yourself (live employee session) – Wednesday, February 19

Two options: 12 p.m. Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 p.m. Pacific

Learn simple yet powerful tips for cultivating happiness.

March

Taking the High Road: Kindness and Civility (live employee session) – Wednesday, March 25

Two options: 12 p.m. Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 p.m. Pacific

A kind workplace leads to reduced stress, increased morale, and better business outcomes. Discover methods for enhancing your level of kindness and respect in interpersonal relationships.

April

Strategies to Manage Frustration and Anger (live employee session) – Wednesday, April 22

Two options: 12 p.m. Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 p.m. Pacific

Everyone experiences anger and frustration. While these emotions are natural, sometimes our reactions can be unhealthy or hurtful. Understand the true cost of ongoing frustration and anger and find out how best to express these emotions.



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May

Key Conversations (pre-recorded manager session)

When the stakes are high, opinions vary and emotions run strong, how do you react? Review common reasons for conflict, examples of key conversations, planning for important interactions, and steps for conducting the conversation.

Helping Children Cope with Grief and Loss (pre-recorded employee session)

The death or loss of a loved one is always difficult. While we can't protect our children from the pain of loss, we can help them build healthy coping skills.

Fundamentals of Mental Health (live employee session) – Wednesday, May 20

Two options: 12 p.m. Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 p.m. Pacific

Learn about the fundamentals of mental health, along with proven methods for enhancing your mental wellness.

June

The Importance of an LGBTQIA+ Inclusive Workplace (live employee session) – Wednesday, June 24

Two options: 12 p.m. Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 p.m. Pacific

Strategies for understanding diversity in the workplace and being inclusive to LGBTQIA+ colleagues.

July

Managing Chronic Pain (live employee session) – Wednesday, July 22

Two options: 12 p.m. Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 p.m. Pacific

Chronic pain has an impact on daily life. Learn the dynamics of chronic pain and management options such as mindfulness and cognitive restructuring.

August

Embracing Mistakes to Foster Growth (pre-recorded manager session)

Mistakes can be costly and frustrating, but they are also an opportunity for discovering new approaches to solving problems. Learn how to turn mistakes into effective teaching moments.

Chronic Illness and Stress (pre-recorded employee session)

Chronic illness impacts all aspects of a person's health — physical, mental and emotional. Learn how to manage the stress of your own or a loved one's chronic illness.

Combating Perfectionism (live employee session) – Wednesday, August 26

Two options: 12 p.m. Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 p.m. Pacific

Learn ways to maintain high expectations for yourself without falling prey to the negative impacts of perfectionism.

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September

Coping with Loss in Life (live employee session) – Wednesday, September 23

Two options: 12 p.m. Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 p.m. Pacific

Learn about the experience of grieving, as well as coping resources to utilize during times of loss.

October

Organization for Life (live employee session) – Wednesday, October 28

Two options: 12 p.m. Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 p.m. Pacific

This training will equip you with practical tips to overhaul or enhance your organization skills.

November

Leading with Generosity (pre-recorded manager session)

Sometimes the best gift you can give an employee is opportunity. Leading with generosity can help you tap into the skills and abilities of your employees more effectively.

Get Motivated! (pre-recorded employee session)

You set goals and then you procrastinate. You create a to-do list but then you don't follow through. Sound familiar? If you've been caught in this cycle, make a commitment to finding your purpose...NOW!

Waving Worry Goodbye: Strategies to Manage Anxiety (live employee session) – Wednesday, November 18

Two options: 12 p.m. Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 p.m. Pacific

Assess your personal anxiety and learn about how specific behavior practices may increase relaxation and calm.

December

Embracing You: The Power of Acceptance (live employee session) – Wednesday, December 16

Two options: 12 p.m. Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 p.m. Pacific

Discover how to avoid overly critical thinking, embrace you as you, and value acceptance in daily living.

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- Select "Upcoming Webinars."
- 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.
- Pre-recorded webinars will be available following the month listed. You may request to be notified by e-mail when a webinar is posted.
- Visit the WorkLife or Manager Webinar Archive to view a webinar after its scheduled date.
- Transcripts for non-captioned, archived webinars are available upon request.