

2019 LifeMatters® Webinars

January

Paying Off Your Student Loans (live employee session) – Wednesday, January 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

Paying off student loans can drag you down. Learn about types of loans, how to manage your debt, and financial planning for your kids' education.

February

Understanding Suicide: Breaking Down Barriers (pre-recorded manager session)

While it is not always easy to approach the topic of suicide with an employee, by recognizing and acting on these signs, you can help the employee find professional assistance to become healthier, happier and more productive.

Understanding Suicide: Being a Support to Others (pre-recorded employee session)

It's not only HR professionals or mental health experts who have the ability to help a co-worker in distress. How can you, as a colleague, support someone who needs help?

Communicating with Your Adolescent (live employee session) – Wednesday, February 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

Discover ways to achieve open communication, teach values, and prevent arguments with teenage children.

March

Preventing Employee Harassment (live employee session) – Wednesday, March 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 how to recognize, prevent, and address different types of harassment in the workplace.

April

Emotional Intelligence for Life (live employee session) – Wednesday, April 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

When it comes to happiness and success, emotional intelligence (EQ) is just as important as intellectual ability (IQ). Learn how to build stronger relationships, connect to your feelings, and make informed decisions.



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May

Preparing for Difficult Conversations (pre-recorded manager session)

A difficult conversation is one in which you have to manage emotions and information in a sensitive way to deal with a workplace issue. As a manager, it is likely that you will need to have a difficult conversation from time to time.

Resolving Conflict with a Co-Worker (pre-recorded employee session)

Approaching a co-worker over a conflict at work can be uncomfortable. We might prefer that someone else address the issue for us. However, when you're the one dealing with a situation firsthand, you have a better idea of how it can be fixed.

Navigating Personal Challenges (live employee session) – Wednesday, May 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
Discover how to use your strengths, resilience, and resources to face challenges.

June

Communication Across Generations (live employee session) – Wednesday, June 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
Discuss the strengths and challenges of a multigenerational workforce and ways to promote teamwork.

July

Maximizing Your Strengths (live employee session) – Wednesday, July 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
Find out where you excel and how to enhance your personal strengths so you can maximize opportunities for success.

August

What is My Role in Addressing Sexual Harassment? (pre-recorded manager session)

In order for employees to perform at their best, it is important that they feel safe and comfortable in their work environment. Organizations need to create a culture of respect in order to prevent sexual assault within the workplace.

Healthy Lifestyle: Keeping it Simple (pre-recorded employee session)

You don't need to make a resolution to improve your life. There are many simple changes you can make at any time. To be happy and healthy just requires a little desire and motivation.

Dealing with Difficult Co-Workers (live employee session) – Wednesday, August 21

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
Uncover your triggers, understand why certain personalities can be difficult to work with professionally, and create practical strategies for dealing with these situations.

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September

Mindful Eating (live employee session) – Wednesday, September 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

Mindless eating habits are not easy to change. Learn the benefits of paying attention to the experience of eating and drinking.

October

Talking to Children About Scary Events (live employee session) – Wednesday, October 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

The world can be a scary place for kids. Learn signs of distress, comforting methods, and how to answer questions.

November

Helping Employees Adapt to the “New Normal” (pre-recorded manager session)

More companies operate in a continual state of change, where regular adjustments to workflows, structure, products or services are common. What can leaders do to help people become more comfortable with an increasingly shifting environment?

Positive Thinking: Releasing Negative Thoughts (pre-recorded employee session)

While negative thoughts are normal, repeating them over and over may hold you back from living a meaningful and fulfilling life. Learn how to become more aware of your negative thoughts and shift your thinking in a more positive direction.

Care for Caregivers (live employee session) – Wednesday, November 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

Caregiving can take a toll on people. Learn about compassion fatigue, vicarious trauma and burnout, and how to manage it with self-care and stress reduction techniques.

December

Navigating Change Personally and Professionally (live employee session) – Wednesday, December 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

Many adults struggle with the reality of change inside and outside of work. Examine your responses to change and improve the ways you navigate uncertainty.

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 - 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 during 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.