

# 2021 LifeMatters® Webinars

## January

### **Cultivating Calm (live employee session) — Wednesday, January 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

In today's world, feeling stress, pressure and chaos can seem normal — but it doesn't have to be. Everyone has the ability to develop a capacity for peace, serenity, and calm. Learn how to develop healthier habits to find more calm in life.

## February

### **Promoting Wellness in the Workplace (pre-recorded manager session)**

Learn how to create a culture of wellness and take a proactive role in promoting a healthy and productive workplace.

### **Finding Success at Work with Humor (pre-recorded employee session)**

Humor can be a powerful and effective mechanism for coping with the chaos of everyday life. Learn how to find the humor in pressure situations and how it can be used to help manage stress.

### **Blocking Burnout (live employee session) — Wednesday, February 17**

**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 detect burnout triggers and discover ways to regain enthusiasm at work and at home by becoming more conscious of your needs and motivators.

## March

### **Work-life Harmony (live employee session) — Wednesday, March 17**

**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

Our lives are busy, and different responsibilities can pull us in many directions. In this session, learn how to flow with responsibilities to find the harmony and happiness in your life.

## April

### **Substance Use and Your Loved Ones (live employee session) — Wednesday, April 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

When someone you love struggles with addiction, it's important to know you are not alone and also to take care of yourself. Start with learning more about what addiction is, symptoms of drug use, withdrawal symptoms, and more. Understanding more about this chronic brain disease will help you process and cope in a healthy way.

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## May

### **Building Rapport: One of the Essential People Skills (pre-recorded manager session)**

With some people, rapport is immediate. With others, it builds over time. Learn how to develop rapport with colleagues and employees.

### **Constructive Criticism (pre-recorded employee session)**

Learn appropriate, effective ways to give and take feedback.

### **Overcoming Loneliness (live employee session) – Wednesday, May 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

At some point in life, most people will feel emotionally or physically disconnected from others. Learn how to recognize this normal reaction, address feelings of loneliness, and rebuild connections.

## June

### **Finding Focus (live employee session) – Wednesday, June 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

Focus can be an elusive thing. Multitasking, procrastination, and distractions make it difficult for us to send all our attention in one direction. Learn tricks to overcome common focus barriers.

## July

### **Raising Awareness: Mental Health and Minorities (live employee session) – Wednesday, July 14**

**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

Access to mental health care is sometimes more difficult for minorities. Learn about the challenges minority groups face and ways to combat misinformation about mental health conditions.

## August

### **Culture of Trust (pre-recorded manager session)**

Identify barriers to trust and strategies to build and maintain more trusting relationships in your organization.

### **Enhance Your Memory (pre-recorded employee session)**

Learn useful strategies for improving memory that can be used at home and at work.

### **Emotional Wellbeing for Parents (live employee session) – Wednesday, August 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

Parenting is difficult. Change is constant, days are long, and reality never looks like social media. Learn how to manage your expectations, treat yourself with kindness, and find confidence in doing the next right thing.

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## September

### **Suicide Awareness (live employee session) – Wednesday, September 15**

**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

Suicide is a serious public health issue that affects people of all ages and situations. In this session, learn to identify early warning signs, support those at risk, and receive guidance on how to respond proactively and proficiently.

## October

### **Intimate Partner Violence Awareness (live employee session) – Wednesday, October 13**

**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

Intimate partner violence occurs in every culture, country, age group, and socio-economic level. Learn the types of intimate partner violence, warning signs, and resources available to those impacted by it.

## November

### **Paving the Innovation Trail (pre-recorded manager session)**

Creative thinking and innovation drive today's workplace. Learn ways to harness out-of-the-box thinking and move beyond the expected.

### **Procrastination (pre-recorded employee session)**

Tips for overcoming procrastination and removing roadblocks to productivity.

### **Thriving in Uncertainty (live employee session) – Wednesday, November 10**

**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 unknown is a scary thing. It can be difficult to plan or figure out what to do next. Discover how to embrace uncertainty and navigate it with poise and resiliency.

## December

### **The Art of Listening (live employee session) – Monday, December 13**

**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 listen actively and respond thoughtfully for better communication and understanding.

### **To access a webinar:**

- Go to [mylifematters.com](https://mylifematters.com) and sign in with your company password.
- 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.