

2022 LifeMatters® Webinars

January

Clutter Busters (pre-recorded session for all staff)

Is too much clutter invading your space? Jump start the new year with quick tips for creating a chaos-free environment.

February

Approaching Difficult Conversations (pre-recorded manager session)

Difficult conversations come in all shapes and sizes. Learn how to handle them with direct, creative solutions.

Ten Ways to Relieve Stress (pre-recorded session for all staff)

Are you always on the go? Learn ten stress-busting tips that will help you slow down and breathe.

March

Caregiving from Afar (pre-recorded session for all staff)

Caring for parents is even more challenging when done from a distance. Learn how to stay organized and develop long-distance resources.

April

Mind-Body Wellness (pre-recorded session for all staff)

Are you always in a rush? Learn tips for slowing down, becoming more centered, and maintaining focus.

May

Time Management Skills (pre-recorded manager session)

Learn how effective time management can lead to management success.


A Holistic Approach to Health (pre-recorded session for all staff)

Explore the basics of “holistic” medicine and how it differs from traditional medicine.

June

Creating an Inclusive Environment (pre-recorded session for all staff)

Learn how you can help to create a welcoming, inclusive environment at home, work, school, and in your community.



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July

Overcoming Indecision (pre-recorded session for all staff)

The ability to make good decisions builds over time. Review tips for improving your ability to filter information, consider options, and move forward.

August

Bringing Out the Best in Others (pre-recorded manager session)

This session will review how to empower others and help them thrive.

Keeping Your Brain Healthy (pre-recorded session for all staff)

Learn tips and techniques to enhance brain health.

September

Divorce and its Impact on Children (pre-recorded session for all staff)

Review practical tips for helping your child adjust to a divorce and the resulting life changes.

October

The Stress-Sleep Correlation (pre-recorded session for all staff)

Learn how small changes to your daily routine may improve the quality of your sleep.

November

Developing Rapport (pre-recorded manager session)

Explore how to create workplace relationships that are based on mutual trust and respect.

Maximizing Your Day (pre-recorded session for all staff)

Discover practical tools and techniques to maximize effectiveness and increase productivity.

December

Quality Time for a Busy Family (pre-recorded session for all staff)

Make the most out of the time you have with your family — and create memories that will last a lifetime.

To access a webinar:

- Go to mylifematters.com and sign in using your company password.
- Select "Upcoming Webinars" (under "Quick Links").
- Pre-recorded webinars will be available during the month listed. You may sign up to be notified by e-mail when a webinar is posted.
- To view the posted webinar, visit the WorkLife or Manager Webinar Archive.
- Transcripts for non-captioned, archived webinars are available upon request.