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.
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.