# 2024 LifeMatters Webinars

﻿﻿January

﻿Energy Management (on-demand session for all staff)

﻿ ﻿Learn how energy management can decrease stress and help you reach your goals.

February

﻿Motivating Yourself (on-demand manager session)

﻿Discover how to avoid stumbling blocks that may hamper your ability to achieve your goals.

﻿Communication Between Generations (on-demand session for all staff)

﻿Understand the benefits — and challenges — of the unique perspectives different generations bring to the workplace.

March

﻿Aging in Place: Strategies to Keep Older Adults Independent (on-demand session for all staff)

﻿Learn strategies for balancing an older adult’s desire to remain independent with their need for greater assistance as they age.

April

﻿Going Green (on-demand session for all staff)

Celebrate Earth Day by learning how you can help create a healthy future for our planet.

May

﻿Empathy (on-demand manager session)

﻿Learn how empathy can help you relate to and connect with others.

﻿Overcoming Loneliness (on-demand session for all staff)

﻿Explore what loneliness means to you and how you can take positive steps to address your unmet needs.

June

﻿Succeeding Through Kindness (on-demand session for all staff)

﻿Learn how leading with kindness can benefit both your work and personal lives.

July

﻿Internet Safety (on-demand session for all staff)

﻿﻿Learn strategies for protecting your safety and privacy online.

August

﻿Providing Support When You Suspect Abuse (on-demand manager session)

﻿Learn the warning signs of domestic violence and helpful ways to support an at-risk friend or colleague.

﻿Rebuilding After a Financial Crisis (on-demand session for all staff)

﻿﻿Have you ever been in over your head financially? Explore ways to dig out and return to a more stable financial footing.

September

﻿The Successful Stepfamily (on-demand session for all staff)

﻿Explore ways to ease the transition to a blended family.

October

﻿Breaking Out of a Rut (on-demand session for all staff)

﻿ ﻿Feeling stuck? Explore ways to break free of routine and make healthy changes.

November

﻿How to Deal with Bad Attitudes (on-demand manager session)

Explore ways to effectively communicate with difficult or unpleasant people.

﻿Building Your Frustration Tolerance (on-demand session for all staff)

﻿Learn how increasing your ability to cope with frustration can help you achieve your long-term goals.

December

﻿Resolving Conflict at Work (on-demand session for all staff)

﻿Learn practical strategies for managing conflict at work (that may be useful at home, too).

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