

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 session for managers)

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 session for managers)

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.



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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 session for managers)

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 session for managers)

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).