# 2023 LifeMatters Webinars

﻿﻿January

﻿Critical Thinking (pre-recorded session for all staff)

﻿Improve your critical thinking by learning how to seek information, evaluate alternatives, and reach a conclusion.

February

﻿Improving the Quality of Your Life (pre-recorded manager session)

﻿Are you feeling in need of a change? Review strategies for creating personal and professional goals.

﻿Anxiety vs. Stress: Which One is It? (pre-recorded session for all staff)

﻿Learn the difference between stress and anxiety and tips for managing each condition.

March

﻿Elderly Housing Options (pre-recorded session for all staff)

﻿Explore housing options and costs associated with moving a loved one to a new home.

April

﻿Emotional Eating (pre-recorded session for all staff)

﻿Do you use food for comfort or to cope with pain? Learn to identify when you’re eating to manage your emotions.

May

﻿Business Etiquette (pre-recorded manager session)

﻿Learn how effective use of business etiquette can enhance your organization’s reputation and increase your own success.

﻿Coping with Grief and Loss (pre-recorded session for all staff)

﻿Everyone experiences loss at some point in their lives. Learn about the physical and emotional impact of grief and the process of healing.

June

﻿The Best Summer Ever! (pre-recorded session for all staff)

﻿Learn how to create a rich and rewarding summer experience for your child.

July

﻿Improving Concentration (pre-recorded session for all staff)

﻿Practice makes perfect — and that applies to concentration, too! Discover techniques for strengthening your ability to focus.

August

﻿Communication Between Generations (pre-recorded manager session)

﻿Learn how the unique life skills and contrasting perspectives of different generations can benefit your organization.

﻿Becoming Your Own Advocate (pre-recorded session for all staff)

﻿Learn to empower yourself and stand up for what you want and need.

September

﻿Discipline and Parenting (pre-recorded session for all staff)

﻿Review age-appropriate discipline strategies and how to follow through when children misbehave.

October

﻿How to Deal with Depression in Your Family (pre-recorded session for all staff)

﻿Learn how to recognize signs of depression in a family member, ways to provide support, and tips for maintaining your own self-care.

November

﻿Win-Win Negotiating (pre-recorded manager session)

﻿Learn how a win-win strategy will resolve conflict in a way that meets the needs of all involved.

﻿Mindfulness (pre-recorded session for all staff)

﻿Mindfulness helps restore balance in your health and wellbeing. Explore ways to be more mindful in your everyday life.

December

﻿Handling Disagreements at Work (pre-recorded session for all staff)

﻿Learn how effective communication can lead to better management of disagreements at work.

To access a webinar:

* Go to mylifematters.com and sign in with your company password.
* Select “Upcoming Webinars.”
* Pre-recorded webinars will be available near the end of the month listed. You may sign up 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.

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