

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.



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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 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.