# 2025 LifeMatters Promotional Calendar

﻿﻿January

Electronic and Quarterly Promotions

* Making Your Goals a Reality
* Stressful Change

LifeMatters Webinars

* Wills, Trusts, and Estate Planning

February

Electronic and Quarterly Promotions

* Limits on Virtual World
* Bullying and Harassment
* Financial Content

The Advisor (HR/Manager Newsletter)

* Harassment at Work

LifeMatters Webinars

* Tips for a Tax-Smart Future

Management Webinars

* Professionalism in the Workplace

﻿﻿March

Electronic and Quarterly Promotions

* Adding Steps
* Improving Your EQ

LifeMatters Webinars

* So You Think You Want a Pet?

﻿﻿April

Electronic and Quarterly Promotions

* Alcohol/Drug Awareness
* Resilience
* Mental Health Awareness Month Promotion

LifeMatters Webinars

* Reinventing Retirement

May

Electronic and Quarterly Promotions

* Realistic Optimism
* Coping with Difficult People
* Financial Content

The Advisor (HR/Manager Newsletter)

* Self-Care for Managers

LifeMatters Webinars

* Managing Confidence in the Workplace

Management Webinars

* Fostering a Collaborative Environment

﻿﻿June

Electronic and Quarterly Promotions

* Emergency Planning
* Compassion Fatigue

LifeMatters Webinars

* Preparing Your Family for Emergencies

﻿﻿July

Electronic and Quarterly Promotions

* Family Time
* Communication Skills

LifeMatters Webinars

* Financial Basics: Aligning Lifestyle and Income for Future Security

August

Electronic and Quarterly Promotions

* School Days
* Maintaining Focus
* Financial Content

The Advisor (HR/Manager Newsletter)

* Difficult Conversations

LifeMatters Webinars

* Selecting the Right College

Management Webinars

* Coaching Your Employees

September

Electronic and Quarterly Promotions

* Teen Suicide
* PTSD
* World Mental Health Day Promotion

LifeMatters Webinars

* Helping Children Navigate Peer Pressure

October

Electronic and Quarterly Promotions

* Supporting a Friend with a Mental Health Issue
* Cancer Warning Signs

LifeMatters Webinars

* Sleep: A How-To

November

Electronic and Quarterly Promotions

* Elder Care
* Hand Hygiene
* Financial Content

The Advisor (HR/Manager Newsletter)

* Workplace Stress

LifeMatters Webinars

* Gambling

Management Webinars

* Managing Through Change

December

Electronic and Quarterly Promotions

* Grief, Depression, and the Holidays
* Mindful Gratitude

LifeMatters Webinars

* Introduction to Emotional Intelligence

Electronic and Quarterly Promotions and The Advisor topics both subject to change.

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