



Excellence in Employee Support Services

2020 Monthly Schedule of Pre-Recorded Webinars

A link to the featured simulated webinar will be located at the top of our member site, www.myliferesource.com. The link will be refreshed with the new month's webinar on the first day of each month.

January: "Mindful Meal Planning"

Most of us would like to eat healthier, but cost can be a major deterrent. By investing a small amount of time and effort in Mindful Meal Planning, you can easily save 30 percent on your family's food bill. In this fun and informative workshop, you will learn how the simple strategies of meal planning can save time, stress, and money when it comes to healthy eating. Topics covered include: Meal Planning Basics, Why Your Freezer Is Your Best Friend, Time Saving Food Prep Tips, and Save Money While Eating Healthy.

February: "Understanding Forgiveness"

Most of us know that we create a negative impact on our well-being when we internalize anger, resentment, and grudges. While many of us want to release the negative feelings we feel towards others, we struggle with how to do it. Forgiveness doesn't mean giving someone a pass. Forgiveness means releasing yourself. In this webinar, we'll discuss how holding onto anger hurts us, how anger and resentment manifest in our minds and bodies, and how to take concrete steps towards lasting forgiveness. We'll offer skills and tools for a more peaceful mindset.

March: "How to Have a Professional and Respectful Workplace"

Successful organizations rely on respectful interpersonal relationships. In any work setting, unprofessional, disrespectful and disruptive behavior creates a milieu of negativity. Morale, productivity, and job satisfaction are impacted. In this webinar, we will focus on what it means to be a professional and address behaviors that create barriers between employees, especially with regards to communication.

April: "Birth Order: Behavioral Traits That Affect Your Life and Work"

Most of us have heard the long-held theory that birth order has an impact on who we are as an adult. Studies have indicated there is a great deal of truth to that theory. In this webinar we will learn how our birth order affects our behavioral style, how it affects us at work, and how it affects our relationships. Participants will learn tools to help them interact with friends, family, and colleagues based on their birth order.

May: "Identity Theft: What Can You Do About It?"

Identity theft is the fastest growing crime in America. Over 15 million consumers were victims of identity theft or fraud in 2017. The average fraud amount per victim was a little over a thousand dollars. In this webinar, you will learn what identity theft is and how to prevent it. What should you watch out for in your email? What about suspicious text messages? Learn the red flags and know what to do if it happens to you.

June: "We All Matter: Diversity in the Workplace"

In today's workplace, employers have a large pool of talent to select from when hiring. A diverse workforce promotes varied opinions, creative problem solving, and fosters mutual respect among employees. For your organization to be successful, everyone needs to be on the same page in building a harmonious work environment. This training is intended to promote diversity, cultural awareness, and inclusion in the workplace.

July: “The Sandwich Generation: Multi-Generational Caregiving”

Are you taking care of your children and your parents? Many middle-aged people find themselves caring for both ends of the age spectrum - helping both their children and their parents navigate finances, social lives, and changes in capacity for independence. This kind of caretaking can cause burnout and exhaustion. This webinar will review the phenomenon of the sandwich generation and how we can better manage the needs of our changing families. We'll suggest steps to have productive conversations with aging parents about their needs, ways to troubleshoot burnout as a caregiver, and how to navigate demands on your family.

August: “Stay Motivated: Tips for Leveraging Your Super Power”

It's easy enough to set a goal but when it comes to habit changes like improving your diet, exercising more, or trying harder to meet new people, sustaining change can feel impossible. This webinar will teach the three-part theory of human motivation. You'll identify your motivational style (e.g. your super power!) and learn strategies that will keep you motivated so you can achieve any goal.

September: “Fixing Our Broken Sleep”

In this webinar, you will learn techniques for overcoming common sleep problems like trouble falling asleep, difficulty staying asleep, excessive thinking, waking too early, Sunday night insomnia, chronic insomnia, shift-work difficulties, and daytime sleepiness. You will hear about the latest studies and scientific discoveries on the fundamental relationship between sleep and all areas of health. This presentation has helped many people to begin getting better sleep almost immediately.

October: “Saving for the Future”

Despite knowing the importance of saving money, many people struggle to put the concept into action. In this webinar, you will learn how to utilize emotionally charged saving techniques that will motivate you to set and keep your savings goals. Some of the topics covered include your financial shock absorbers, how spending and saving are actually two sides of the same coin, why willpower is overrated, how positive and negative emotions can create motivation, and the power of mindless saving.

November: “Top Social Issues for Teens in Today's World”

Each generation of teenagers and their parent will have to navigate the influences of social issues. Parents can assist their teens by staying informed of stressful influences such as the impact of social media and violence in everyday life. Let's not forget drugs and alcohol and peer pressure, which have been a problem for decades. Join us to learn the warning signs that your teen may be struggling and how to help him or her deal with today's pressures.

December: “Embracing Life's Challenges: The Expected and the Unexpected”

Life throws you a curve ball – now what? Take charge by embracing the challenge and incorporating the setback into your daily life. Adversity in life is inevitable whether the circumstances are death, illness, divorce, job loss, financial challenges, or relocation. This webinar will provide encouragement and resources necessary to “reboot” by using thought-provoking ideas and examples to guide you to embrace the hardship and face the future one day at a time.

Contact Carebridge at **800.437.0911** or visit **www.myliferesource.com** for more information!

