

## 2023 WEBINAR CALENDAR

### **January**

#### ***The Struggle Is Real: Strategies for Time Management***

Meet your deadlines, be on time for meetings and stop procrastinating! Most of us can become overwhelmed when we have a lot to do - responsibilities at work, planning our kid's birthday party, and remembering all the details of daily life. This webinar will discuss realistic strategies for more effective time management. Some of the things we'll review are managing email clutter, the roots of procrastination, and keeping yourself motivated.



### **February**

#### ***Navigating Red Tape After the Death of a Loved One***

The passing of a loved one is already traumatic for those left behind. However, learning the basics of dealing with the administrative side of death can make the journey a lot easier. In this webinar, you will learn the first steps needed to get through the standard paperwork, dealing with banks and funeral homes, filing the death certificate, and other key aspects of handling your loved one's estate.

### **March**

#### ***The Sandwich Generation: Multi-Generational Caregiving***

Are you taking care of your children and your parents? Many middle-aged people find themselves stuck 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 discuss ways to have productive conversations with aging parents about their needs, ways to troubleshoot burnout as a caregiver, and how to keep your own family running smoothly.

### **April**

#### ***Making Time for Everything: Dual Careers and Family Life***

Two busy partners can make for a stressful household. Managing the unromantic tasks of daily life and household management can be difficult. Making time for the things that really matter - connecting, having fun, playing, and resting - can be quite challenging. In this webinar, we will discuss ways to better manage your household and make time for what matters most. We will discuss the realities of busy, working partners and making the most of the time and energy we have.

### **May**

#### ***The Science of Happiness***

Learn how to bring more happiness to your personal and professional life. Research supports that happy people feel better, do better, and live better. While this is great news, it still begs the question, why? And more importantly, how? During this webinar, we will explore the history and research behind this concept of happiness, how it relates to the various facets of your life, and what intentional activities you can do to increase your life satisfaction and fulfillment. There are many pathways to happiness, so let's get your journey started!

 **June**

***PTSD: Let's Get the Facts***

You've heard about it. What is it, what are its causes, and how is it treated? This webinar will explore and discuss Post Traumatic Stress Syndrome. We will discuss the definition, common myths vs. facts, symptoms, relationships, self-care, and treatment.

 **July**

***Planning for Retirement: It's More Than Just the Numbers***

The advertising you see about retirement all seems to emphasize money. While money is very important, it's not the only thing. Join us for a broad look at what you can do now for a satisfying retirement. We'll explore the new world of semi-retirement, emotional issues around leaving work, the money of course, and more.

 **August**

***Engaging Empathy in the Workplace***

Often a sad employee is perceived to be a bad employee, yet everyone will suffer a setback at some point in their career due to a change in personal or family health, the death of a loved one, a financial loss, or a change in family caregiving. In order to show empathy and support, coworkers must try to understand the feelings of the person who is experiencing a setback. This can be accomplished through training, listening, connecting, and providing kindness to one another. This webinar will provide a greater understanding of best practices in providing empathy to coworkers and managers while maintaining a professional relationship.

 **September**

***Involvement and Engagement***

Learn how small acts of kindness and a state of flow can change your life. Do you ever ask yourself, "What can I do today to change my life for the better?" Thankfully, research supports that there is something we can do about it, and it's actually quite easy. In this webinar, we will explore two actionable concepts, acts of kindness and flow, that you will enjoy adding to your daily/weekly routine and that will help you live a happier, positive, purposeful life!

 **October**

***Master Your Spending***

This webinar teaches you to master the emotional side of money and regain your financial dignity. Topics discussed include: Why traditional budgets fail and what you need instead, the two key things you need to do BEFORE making a plan, to have productive money discussions with your significant other, keys to outsmart emotional spending before it happens, how to create a personalized plan that works for YOU. The webinar will provide a Spending Plan worksheet to apply the principles learned to your finances immediately. This workshop will help you become and stay financially healthy.



 **November**

***Supporting a Loved One with Substance Misuse***

Having a loved one with addiction can be heartbreaking, frustrating, and terrifying. Choosing how to support them can be confusing - the right choice is not always obvious. In this webinar, we will discuss recognizing signs of addiction and review choices of how to support your loved one. We will also review concepts such as enabling and codependency. You will walk away from this webinar with a clearer idea of how to support both yourself and your loved one.

 **December**

***Relaxation Rx***

Most of us feel too busy to even think about taking time out to relax. But the reality is that regular relaxation is crucial. If we don't stop regularly to "refuel," we risk emotional and physical burnout. Even a small investment of 5-10 minutes a day can have a huge return. This webinar will include demonstrations of relaxation techniques that provide immediate as well as long-term benefits. We'll also learn how to detect burnout "triggers" and discover ways to regain a sense of balance and motivation. You will leave feeling recharged and better able to tackle daily demands.

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