FOR EMPLOYEES

JANUARY—Wednesday, January 11
Mindfulness: Finding Your Purpose and Vision in a Changing World
• Define mindfulness
• Identify your unique gifts, talents and interests
• Discuss techniques to maintain your life purpose

Monthly theme: Finding Your Purpose

FEBRUARY—Wednesday, February 8
Maintaining Positive Relationships
• Explain healthy relationships
• Identify the components of maintaining positive relationships
• Describe the importance of positive relationships at work and steps to deal with conflict

Monthly theme: Healthy Relationships

MARCH—Wednesday, March 8
Self-care Isn’t Selfish
• Describe how to prioritize self-care
• Learn how to create emotional balance in your life
• Identify ways to incorporate self-care into your daily routine

Monthly theme: Prioritizing Self-Care

APRIL—Wednesday, April 12 (60 minutes)
Financial Setback? Regroup & Rebuild
• Assess where the financial setback occurs (income or expenses)
• Rebuild your finances in multiple areas
• Practice steps to address behavioral changes and prevent future setbacks

Monthly theme: Financial Wellbeing

MAY—Wednesday, May 10
Managing Life’s Micro-Stressors
• Define micro-stressors
• Identify common sources and causes
• Describe techniques to manage micro-stress

Monthly theme: Managing Stress

JUNE—Wednesday, June 14
Rediscovering Joy at Work (registration link available soon)
• Understand what motivates you at work
• Explore ways to build your strengths into each day
• Learn how to focus on your professional growth

Monthly theme: Finding Joy at Work

JULY—Wednesday, July 12
The Pursuit of Happiness Using Positive Psychology
• Define happiness and the role of positive psychology
• Discuss barriers to happiness
• Practice strategies to improve your wellbeing

Monthly theme: Pursuing Happiness

AUGUST—Wednesday, August 9
Parenting with Your Best Self
• Describe how to model positive relationships
• Learn how to set boundaries
• Identify how to prioritize self-care

Monthly theme: Caring for Yourself and Others
SEPTEMBER—Wednesday, September 13
How to be a Mental Health Ally in Your Personal and Work Life
• Define what it means to be a mental health ally
• Learn how to help someone who is struggling
• Discuss how to foster a positive environment
Monthly theme: Becoming a Mental Health Ally

OCTOBER—Wednesday, October 11
Leading an Anti-Inflammatory Lifestyle
• Examine the connection between diet and mood
• Define habits that promote an anti-inflammatory lifestyle
• List foods that impact inflammation
Monthly theme: Connecting Your Diet and Mood

NOVEMBER—Wednesday, November 8
Reducing Anxiety in the Moment and Beyond
• Define signs and symptoms of anxiety
• Identify skills you can develop to manage anxiety
• Describe how to implement these techniques on a day-to-day basis
Monthly theme: Understanding and Overcoming Anxiety

DECEMBER—Wednesday, December 13
Coping with Grief and Loss
• Define grief, bereavement and mourning
• Describe the experience of grief
• Identify how to care for yourself as you grieve
Monthly theme: Emotional Wellbeing

FOR MANAGERS

MARCH—Wednesday, March 22
Self-care Awareness: Practicing what you Preach
• Describe self-care
• Discuss why self-care is important for you and your team
• Identify ways you can take care of yourself and encourage your team to do the same
Monthly theme: Prioritizing Self-Care

JUNE—Wednesday, June 28
Helping Staff Find Joy at Work
• Describe the link between employee engagement and workplace productivity
• List five obstacles that impact employees’ joy at work
• Identify ways to create a positive environment
Monthly theme: Finding Joy at Work

SEPTEMBER—Wednesday, September 27
Promoting Psychological Safety in the Workplace
• Explain how to build psychological safety
• Review how a safe space improves employee wellbeing
• Summarize best practices for a positive work culture
Monthly theme: Becoming a Mental Health Ally

DECEMBER—Wednesday, December 6
Emotional Wellbeing for Leaders
• Understand the importance of emotional wellbeing to leaders and employees
• List strategies to enhance your wellbeing
• Describe ways to be a more effective leader
Monthly theme: Emotional Wellbeing

Note: To access past webinar recordings, slideshows and any handouts, visit lifereferrals.com and enter the access code: BSC. Webinar recordings are posted in the On Demand Learning section under Member Services.