

LifeReferrals 24/7

2023 Webinar & Monthly Theme Calendar

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.