

2021 WorkLife Monthly Webinars

Each webinar will be available starting on the 1st day of each month, with answers to client questions added to webinar pages throughout the month. Archived webinars are available through the 'Webinar' tile of the WorkLife Online Portal.

	Webinar Theme	Description
January	What Stress and Diet Have in Common	How to differentiate between normal and chronic stress, the effects of chronic stress on hormones and body weight, and stress management strategies
February	Calm Down: Meditation and Relaxation Guide	Popular relaxation tools and how to integrate them into our busy lives. We'll discuss how to find and make time, even if you think you're totally overbooked already!
March	Stress Relief for Caregivers	Reduce your stress and avoid burn-out, including relaxation techniques, healthy sleeping habits, healthy coping skills, and building a system of support
April	Living Debt Free	An interactive session that teaches how to break the chain of debt, so participants can start building wealth and enjoying life
May	Healthy Connections	Simple steps for enhancing a sense of connection, even for those of us with the busiest of schedules
June	Innovative Decision Making: Problem Solving	Learn to utilize multiple ways of thinking, frame problems as questions, use generative brainstorming, and suspend judgement in solving old problems in new ways.
July	Respect at Work	Troubleshoot how to spot and address impediments to a respectful workplace. We'll discuss strategies for both managers and employees to earn and maintain the respect we all want and deserve.
August	Social Media for Parents	Learn how to keep an open line of communication regarding your child's activity online, establish privacy, set proper boundaries, and monitor healthy usage
September	Bullying at Work	Learn the strategies for responding to bullying, protecting yourself from bullying, what steps to take if bullying does not stop, the emotional impact of bullying, and what resources are available
October	Building Effective Teams in the Digital Workplace	Interactive activities that will show participants how to keep flexible and remote employees engaged and productive by leveraging technology, improving communication and implementing accountability
November	Reclaim your Joy	Tune in to what's most important and make a simple plan for incorporating more joy into your daily routine
December	How to Have Difficult & Sensitive Conversations	Whether it's asking your boss for a raise or telling your mother you're not coming home for the holidays, you can improve your confidence, clarity and kindness