

2020 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	Mindful Meal Planning	Why your freezer is your best friend, Time Saving Food Prep Tips, & how to save Money While Eating Healthy.
February	Understanding Forgiveness	How anger and resentment manifest in our minds and bodies & how to take concrete steps towards lasting forgiveness.
March	How to Have a Professional and Respectful Workplace	Addressing negative behaviors, establishing professional relationships
April	Birth Order: Behavioral Traits that Affect your Life and Work	How our birth order affects our behavioral style, how it affects us at work, and how it affects our relationships.
May	Identity Theft: What Can You Do About It?	Learn the red flags and know what to do if it happens to you.
June	Diversity in the Workplace	Assist in creating cultural awareness and inclusion for all employees.
July	Multi-Generational Caregiving	Productive conversations with aging parents about their needs & ways to troubleshoot burn out as a caregiver
August	Stay Motivated: Tips for Leveraging Your Superpower	Identify your motivational style and learn strategies that will keep you motivated so you can achieve any goal.
September	Fixing Our Broken Sleep	Hear about the latest studies and the latest scientific discoveries of the foundational relationship between sleep and health.
October	Saving for the Future	Your Financial Shock Absorbers, The Reasons to Save, Why Willpower is Overrated, Positive + Negative Emotion = Massive Motivation
November	Top Social Issues for Teen's in Today's World	Signs to look for in your teen and how to help them deal with today's pressures
December	Embracing Life Challenges: The Expected and the Unexpected	Provide encouragement and resources necessary to "reboot" by using thought provoking ideas & examples to guide the audience to ultimately embrace the hardship and face the future