Webinar Schedule for Employees & Managers

2014

January

Caregiving on a Budget  
*Thursday, January 16, 2014, 12-1 p.m. Eastern, 11 a.m.-12 p.m. Central, 9-10 a.m. Pacific*
Caregiving can get expensive. Find out what monies are available and the costs associated with caregiving.

February

Leading with Generosity* *(manager session)*  
When we think of generosity, our thoughts may drift to gifts of money or charity. In the context of leadership, there are other “gifts” that don’t have a monetary value, but whose value is beyond price. Leading with generosity can help you tap into the skills and abilities of your employees more effectively.

Managing Energy is the Key to Life Balance*  
Do you find yourself chasing after the ideal balance between work and home? Consider that a perfect equilibrium may not exist. However, learning to capitalize on your energy cycles throughout the day will give you a greater sense of balance. We’ll uncover some ways to achieve positive energy management in this session.

Surviving and Enjoying the Six States of Parenthood  
*Thursday, February 13, 2014, 12-1 p.m. Eastern, 11 a.m.-12 p.m. Central, 9-10 a.m. Pacific*
Examination of parental development from the pre-natal phase through the empty nest, or departure, phase, combining the human development theories of Freud and Erickson with concrete, contemporary insights from the book, *The Six Stages of Parenting*.

March

Paying for College  
*Thursday, March 13, 2014, 12-1 p.m. Eastern, 11 a.m.-12 p.m. Central, 9-10 a.m. Pacific*
Discussion of strategies for college affordability, including grant opportunities, student loans, navigating the FAFSA, work study opportunities and a number of other practical strategies.
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April

The Older Americans Act  *(live)*
*Tuesday, April 8, 2014, 12-1 p.m. Eastern, 11 a.m.-12 p.m. Central, 9-10 a.m. Pacific*
This session provides an overview of the federal Older Americans Act, which created a network of state and local aging services providers. We will focus on several Older Americans Act programs of interest to caregivers, including information and assistance services, the National Family Caregiver Support Program, adult day care/respite care and the Long-Term Care Ombudsman Program.

May

Applying Negotiation Skills to Resolve Conflict*  *(manager session)*
Conflict, arguments, and change are natural parts of our lives. Conflict resolution is a way for two or more parties to find a peaceful solution to a disagreement. When a dispute arises, often an effective course of action is negotiation to resolve the disagreement.

Using Assertive Communication to Get Ahead*
Assertive communication requires balance – being forthright about your expectations and goals while also considering the rights, expectations and goals of others. Assertiveness is not necessarily easy, but it is a skill that will bolster your effectiveness in the workplace and at home.

How to Identify and Prevent Bullying  *(live)*
*Thursday, May 15, 2014, 12-1 p.m. Eastern, 11 a.m.-12 p.m. Central, 9-10 a.m. Pacific*
Explore how to identify signs of bullying, strategies to defuse these situations, prevention and how the parents play a role.

June

Stepping Into and Starting the Adoption Process  *(live)*
*Thursday, June 12, 2014, 12-1 p.m. Eastern, 11 a.m.-12 p.m. Central, 9-10 a.m. Pacific*
Once you’ve made the decision to adopt, you may not know what to do next. This webinar identifies what the next steps are – including choosing domestic or international adoption, associated costs, choosing an agency and obstacles you may face.

July

Legal Issues Associated with Aging  *(live)*
*Thursday, July 17, 2014, 12-1 p.m. Eastern, 11 a.m.-12 p.m. Central, 9-10 a.m. Pacific*
Examines the different legal documents typically needed when dealing with seniors. Find out how and where to access these documents, which include a durable power of attorney, a medical power of attorney, a living will and a living trust.
August

**Developing Empathy in the Workplace*** *(manager session)*
Empathy is a key component of emotional intelligence and is a critical skill for an effective leader or manager to utilize. Strong leaders recognize that in order to move their organizations forward, they need to understand the people who make it happen.

**The Essential Elements of Wellbeing***
American society encourages us to strive for happiness. But have you ever noticed that your happiness fades in time? Happiness is a feeling; it is temporary in that it’s dependent on circumstances or situations at the present time. If we choose to examine our overall wellbeing instead, we find more lasting results.

**Single Parent Survival Skills*** *(live)*
*Thursday, August 7, 2014, 12-1 p.m. Eastern, 11 a.m.-12 p.m. Central, 9-10 a.m. Pacific*
This session provides information on how to lead a balanced life while also parenting your child well.

September

**What Colleges Really Look For*** *(live)*
*Thursday, September 18, 2014, 12-1 p.m. Eastern, 11 a.m.-12 p.m. Central, 9-10 a.m. Pacific*
Explore how a student’s distinct background will be assessed by an admissions committee. In addition, look at issues such as AP courses, SAT and ACT scores, most impressive extracurricular activities, athletic considerations and basic financial aid information. Also covered will be the presentation of an appealing resume and application.

October

**Optimizing Brain Function over the Lifespan*** *(live)*
*Thursday, October 16, 2014, 12-1 p.m. Eastern, 11 a.m.-12 p.m. Central, 9-10 a.m. Pacific*
The human brain forms new connections and brain cells throughout a person’s lifetime in response to activity, learning, aging, injury and disease. This webinar discusses ways in which someone may take advantage of this ability and optimize brain functioning over his/her lifespan.
November

**Embracing Mistakes to Foster Growth** *(manager session)*

Nobody likes to make mistakes. And sometimes mistakes can be costly to our bottom line or to our reputation in the workplace. Yet, mistakes are also an effective way to provide teaching moments for employees and discover new approaches to current problems.

**Raising Socially Responsible Children**

The children we raise now will shape what society will look like in the future. Teaching social responsibility encourages our children to see how they can connect to the greater good and have an impact in our world.

**Delightfully Dealing with Difficult Children (live)**

*Thursday, November 6, 2014, 12-1 p.m. Eastern, 11 a.m.-12 p.m. Central, 9-10 a.m. Pacific*

Explores how to solve difficult child behavior challenges with inspiration instead of exasperation. This can be done by understanding the emotional causes of child behavior problems and how to meet the child’s emotional needs to solve those problems. Stop struggling to control and learn how to stop giving children the power to make you have a bad day.

December

**Carbs: The Good, the Bad and the Ugly (live)**

*Thursday, December 11, 2014, 12-1 p.m. Eastern, 11 a.m.-12 p.m. Central, 9-10 a.m. Pacific*

A carb is just a carb, right? This webinar provides information about why carbs matter, carb content in a variety of foods, the recommended amount of carbs you should eat, how to rate your plate, how to reduce your chances of developing diabetes and more.

To register for one of the live webinars:

- Go to mylifematters.com and log in using your company password.
- Click on the “Services” tab in the upper right section of your screen and then select “Webinars” from the menu of LifeMatters services in the lower middle portion of your screen.
- Click on the link for the webinar you would like to attend and follow the registration instructions.
- You must register prior to the start of the webinar in order to attend.

* These webinars will be available for download during the month listed. You may request to be notified by e-mail when it is posted.