Live Monthly Webinars

Your WorkLife Library is hosting the following live webinars in 2015. All you need is an Internet connection to participate. Register today as these one-hour sessions fill up quickly. There is no cost to participate.

Setting Goals for the New Year: Resolutions That Stick!
Friday, January 23rd, 12:00 pm – 1:00 pm ET

Start the New Year off right! Join us to learn how to set and achieve new goals. Executive Coach Linda Dominguez will review why, what and how to make resolutions that are sustainable.

Overcoming Debt
Tuesday, February 10th, 12:00 pm – 1:00 pm ET

Americans are increasingly realizing that carrying too much debt can jeopardize their financial future. However, many also feel trapped by debt. This webinar will address the different types of debt and how we can work towards living a debt-free life. Topics discussed include: the difference between good debt and bad debt, the impact of interest charges, managing your spending habits, and creating good saving habits.

The Power of Positive Thinking
Tuesday, March 10th, 12:00 pm – 1:00 pm ET

Today scientists understand how attitude (positive versus negative) can impact our behavior, experiences and relationships. In this webinar we will discuss our ability to benefit from the power of positive thinking by making changes in our thought process and perspective.

Register now for an upcoming webinar!
Log on to http://member.lifecare.com

• Registration Code: EMORY
• Member ID: Employee ID

Also, be sure visit the Emory WorkLife Resource Center – http://www.worklife.emory.edu/.

Need More Help? 1-866-338-5271 (TDD/TTY: 1-800-873-1322)
All Calls Are Confidential.
Staying Strong and Resilient
Tuesday, April 14th, 12:00 pm – 1:00 pm ET

We all face difficult times in our careers and in our personal lives at some point; the challenge is how to get back up and into the game. Participants will learn the most important skill today—how to forge forward in spite of adversity! How do you handle challenges, problems and hardships in your life? Learn strategies for staying strong and resilient, maintaining a positive outlook and reducing stress in your life.

Bullying: How to Protect Your Child
Tuesday, August 11th, 12:00 pm – 1:00 pm ET

This webinar provides information on recognizing the signs of bullying and how to prevent or cope with it. We will cover types of bullying, talking with children about bullying, signs your child may be being bullied, coping tips for children being bullied, and what to do if you suspect your child is bullying others.

Working Parents: How to Achieve Balance
Tuesday, May 12th, 12:00 pm – 1:00 pm ET

This webinar provides strategies that will help parents triumph in managing family and work responsibilities. We will cover developing a work/life plan; improving organizational skills; finding quality time for loved ones; tips for on the job, commuting and transitioning from work to home; travel and overtime; self-care; and stress management.

Green Tips for the Home
Tuesday, September 8th, 12:00 pm – 1:00 pm ET

Learn the ecological and economic benefits of going green. This webinar provides concrete methods to make our homes greener; saving both money and the environment.

Managing Work & Life
Tuesday, October 13th, 12:00 pm – 1:00 pm ET

This webinar provides strategies to successfully manage your work and personal responsibilities. The topics discussed include: causes of work/life stress, assessing goals and priorities, managing personal/family responsibilities, and managing responsibilities on the job.

Eating Right on the Run and on a Budget
Tuesday, June 9th, 12:00 pm – 1:00 pm ET

We all make excuses for eating junk or fast food. We’ll review real strategies for quick, inexpensive meals that are good choices for our health and our wealth. Learn the basics of eating healthy within your financial means as well as when to select organic foods.

Beating Caregiver Burnout
Tuesday, November 10th, 12:00 pm – 1:00 pm ET

Caregivers will learn the seven ways to beat burnout and keep your stress levels at a healthy place.

Having the C-A-R-E Conversation SM
Tuesday, July 14th, 12:00 pm – 1:00 pm ET

How do you start the conversation with an older loved one about their future and end-of-life care? Where and how do you begin? When do you have this conversation? You will learn talking points and tips for having the C-A-R-E conversation SM.

Holiday Survival Guide
Tuesday, December 8th, 12:00 pm – 1:00 pm ET

We all have special feelings about the holidays. For some it’s a wonderful time of celebration, family and joy. For others it’s a time of sadness and feeling overwhelmed. Participants will examine sources of holiday stress and learn strategies for coping and managing their emotions, time, relationships and finances. We will share ideas for organizing holiday tasks, managing holiday demands and look at the role of holiday traditions.