

LifeReferrals 24/7

2024 Webinar & Monthly Theme Calendar

JANUARY—Wednesday, January 10

[Getting Control of Emotional Eating](#)

- Describe common causes and triggers behind emotional eating.
- Identify strategies to gain control of emotional eating.
- Discover how to apply these strategies to improve health and wellbeing.

Monthly theme: You are what you eat

FEBRUARY—Wednesday, February 14

[Teenager and Young Adult Mental Health Awareness](#)

- Describe mental health versus mental illness.
- Discuss common challenges with teens and young adults.
- List ways parents and loved ones can help.

Monthly theme: Protecting youth mental health

MARCH

Members—Wednesday, March 13

[Financial and emotional wellbeing](#)

- Describe challenges like inflation, household expenses, debt and fluctuating income.
- Understand the importance of both financial and emotional wellbeing.
- Identify support resources, including the help of a professional.

Monthly theme: Financial and emotional wellbeing

Managers—Wednesday, March 27

[Tips for Managing Change in the Workplace](#)

- Describe types of change and how these affect employees.
- Identify tips to help leaders cope with change.
- Explain coping skills anyone can use when facing change.

Monthly theme: Managing change

APRIL—Wednesday, April 10

[Understanding Neurodiversity in Your Personal and Work Life](#)

- Describe neurodiversity.
- Discover the value of neurodiversity at work and home.
- Name strategies to support neurodivergent people.

Monthly theme: Embracing neurodiversity

MAY—Wednesday, May 8

[Changing Your Perceptions to Positively Impact Your Wellbeing](#)

- Define perceptions.
- Describe how perceptions influence our emotions.
- Identify tips to change your perception to improve emotional wellbeing.

Monthly theme: Changing perceptions

JUNE

Members—Wednesday, June 12

[Thriving in a Multigenerational Workforce](#)

- Describe the five generations currently in the workplace.
- Learn how each generation influences the workplace.
- List tips to help you successfully embrace the multigenerational workforce.

Monthly theme: Multigenerational workplace

Managers—Wednesday, June 26

[Engaging a Multigenerational Workforce](#)

- Describe the five generations currently in the workplace.
- Learn how each generation influences the workplace.
- List tips to help you and your staff embrace the multigenerational workforce.

JULY—Wednesday, July 10

[The Perils and Promises of Social Media: Social Media and Mental Health](#)

- Define healthy versus problematic social media use.
- Describe the impact of social media on our mental health.
- Explain how to achieve a healthier balance when using social media.

Monthly theme: Social media addiction

AUGUST—Wednesday, August 14

[Protecting Childrens' Emotional Wellbeing](#)

- Define emotional wellbeing for children and why it's important.
- Describe ways to help children protect and improve their wellbeing.
- Recognize signs of when it's time to seek help.

Monthly theme: Getting back in the groove

SEPTEMBER

Members—Wednesday, September 11

[Social Drinking versus Problem Drinking: What's the Difference?](#)

- Explain low-risk and high-risk alcohol use.
- Describe healthy coping strategies to avoid the negative impacts of alcohol use.
- Discuss when and where to get assistance for alcohol use issues.

Monthly theme: Substance misuse

Managers—Wednesday, September 25

[Coaching Employees to Improve Performance and Engagement](#)

- Define how coaching can drive peak performance.
- Learn effective coaching techniques to improve employee performance.
- Develop and create coaching opportunities for engagement in the workplace.

Monthly theme: Performance coaching

OCTOBER—Wednesday, October 9

[Feeling Stuck? Get Unstuck](#)

- Explain what feeling "stuck" means.
- Discuss what causes us to feel "stuck."
- Discover strategies to move forward and improve wellbeing.

Monthly theme: How to get unstuck

NOVEMBER—Wednesday, November 13

[Managing Intense Emotions in the Moment](#)

- Define emotional regulation.
- Identify intense emotions and how to manage them in the moment.
- Discover skills to prepare for intense emotions before they arise.

Monthly theme: Handling big emotions

DECEMBER

Members—Wednesday, December 11

[Defending Your Wellbeing After Trauma](#)

- Define trauma.
- Explain different coping strategies to use after trauma.
- Practice a technique to defend your wellbeing.

Monthly theme: Defending your wellbeing

Manager—Wednesday, December 4

[Supporting Employee Wellbeing: From Mental Health Awareness to Action](#)

- Define mental health awareness in the workplace.
- Describe characteristics of a wellbeing-focused workplace.
- Identify how to integrate wellbeing-focused strategies into your leadership.

Monthly theme: Mental health awareness

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.