

2025 LifeMatters® Promotional Calendar

	ELECTRONIC AND QUARTERLY PROMOTIONS*	THE ADVISOR* (HR/MANAGER NEWSLETTER)	LIFEMATTERS WEBINARS	MANAGEMENT WEBINARS
January	<ul style="list-style-type: none"> • Making Your Goals a Reality • Stressful Change 		<ul style="list-style-type: none"> • Wills, Trusts, and Estate Planning 	
February	<ul style="list-style-type: none"> • Limits on Virtual World • Bullying and Harassment • Financial Content 	<ul style="list-style-type: none"> • Harassment at Work 	<ul style="list-style-type: none"> • Tips for a Tax-Smart Future 	<ul style="list-style-type: none"> • Professionalism in the Workplace
March	<ul style="list-style-type: none"> • Adding Steps • Improving Your EQ 		<ul style="list-style-type: none"> • So You Think You Want a Pet? 	
April	<ul style="list-style-type: none"> • Alcohol/Drug Awareness • Resilience • Mental Health Awareness Month Promotion 		<ul style="list-style-type: none"> • Reinventing Retirement 	
May	<ul style="list-style-type: none"> • Realistic Optimism • Coping with Difficult People • Financial Content 	<ul style="list-style-type: none"> • Self-Care for Managers 	<ul style="list-style-type: none"> • Managing Confidence in the Workplace 	<ul style="list-style-type: none"> • Fostering a Collaborative Environment
June	<ul style="list-style-type: none"> • Emergency Planning • Compassion Fatigue 		<ul style="list-style-type: none"> • Preparing Your Family for Emergencies 	



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July	<ul style="list-style-type: none"> • Family Time • Communication Skills 		<ul style="list-style-type: none"> • Financial Basics: Aligning Lifestyle and Income for Future Security 	
August	<ul style="list-style-type: none"> • School Days • Maintaining Focus • Financial Content 	<ul style="list-style-type: none"> • Difficult Conversations 	<ul style="list-style-type: none"> • Selecting the Right College 	<ul style="list-style-type: none"> • Coaching Your Employees
September	<ul style="list-style-type: none"> • Teen Suicide • PTSD • World Mental Health Day Promotion 		<ul style="list-style-type: none"> • Helping Children Navigate Peer Pressure 	
October	<ul style="list-style-type: none"> • Supporting a Friend with a Mental Health Issue • Cancer Warning Signs 		<ul style="list-style-type: none"> • Sleep: A How-To 	
November	<ul style="list-style-type: none"> • Elder Care • Hand Hygiene • Financial Content 	<ul style="list-style-type: none"> • Workplace Stress 	<ul style="list-style-type: none"> • Gambling 	<ul style="list-style-type: none"> • Managing Through Change
December	<ul style="list-style-type: none"> • Grief, Depression, and the Holidays • Mindful Gratitude 		<ul style="list-style-type: none"> • Introduction to Emotional Intelligence 	

*Topics subject to change.

