



## 2025 LifeMatters Webinars

New webinars are available on demand each month.

To watch, go to [mylifematters.com](https://mylifematters.com) and sign in using your registered account.

### January

#### Wills, Trusts, and Estate Planning

Review the basics of estate planning, including how a will or trust can protect your family and simplify the management of your estate. [Sign up for an email alert.](#)



### February

#### Tips for a Tax-Smart Future

Get ready for tax season with these tips on tax savings. [Sign up for an email alert.](#)



#### Professionalism in the Workplace (for Managers and Human Resources)

Explore how to cultivate and maintain your professional reputation in ways that benefit both you and your organization. [Sign up for an email alert.](#)



### March

#### So You Think You Want a Pet?

Life with a pet is full of joy, fun, and the occasional challenge. Learn how to choose the pet that's right for you and what steps to take before bringing home your new family member. [Sign up for an email alert.](#)



### April

#### Reinventing Retirement

Explore your personal definition of retirement, opportunities for creating a retirement action plan, and how to maintain a healthy lifestyle as you age. [Sign up for an email alert.](#)



## May

### **Managing Confidence in the Workplace**

Learn how developing skills that help you maintain confidence can lead to greater success in the workplace. [Sign up for an email alert.](#)



### **Fostering a Collaborative Environment (for Managers and Human Resources)**

Discover techniques for inspiring people to work collaboratively and accomplish common goals. [Sign up for an email alert.](#)



## June

### **Preparing Your Family for Emergencies**

Learn the basics of emergency preparedness, including assembling a disaster kit and a family communication plan. [Sign up for an email alert.](#)



## July

### **Financial Basics: Aligning Lifestyle and Income for Future Security**

Learn how budgeting and tracking spending can help you to align your expenses with your short and long-term financial goals. [Sign up for an email alert.](#)



## August

### **Selecting the Right College**

When it comes to picking a college, the sheer number of options may be overwhelming. This webinar will provide tips for narrowing the search to schools that best fit your child's skills, interests, and personality. [Sign up for an email alert.](#)



### **Coaching Your Employees (for Managers and Human Resources)**

Learn how implementing coaching techniques into your management style can increase employee engagement and strengthen professional relationships. [Sign up for an email alert.](#)



## September

### Helping Children Navigate Peer Pressure

Explore how to help your child cope with peer pressure and support them in making good choices. [Sign up for an email alert.](#)



## October

### Sleep: A How-To

Learn ways to improve your sleep hygiene and get a restful night's sleep. [Sign up for an email alert.](#)



## November

### Gambling

Learn about the real-world risks of online and in-person gambling and how to recognize when it crosses from entertainment to addiction. [Sign up for an email alert.](#)



### Managing Through Change (for Managers and Human Resources)

Learn strategies for keeping your team focused during a time of workplace change. [Sign up for an email alert.](#)



## December

### Introduction to Emotional Intelligence

Learn how developing your emotional intelligence can strengthen both work and personal relationships. [Sign up for an email alert.](#)



## To Watch a Webinar:

- Go to [mylifematters.com](http://mylifematters.com) and create a registered account.
- Select "Webinars" from the top menu and locate the webinar you would like to watch.
- Pre-recorded webinars will be available in the month listed.
- Use the link or QR code above to sign up for an email alert when a webinar becomes available.
- Transcripts for archived webinars are available upon request.

