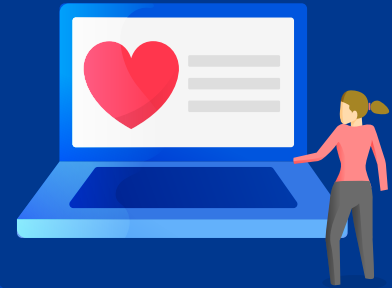




LifeWorks
by Morneau Shepell

2020 Webinars

Bi-Weekly WLS webinar series



January

[New Year's Resolutions](#)

Friday, January 10th, 2pm-2:30pm EST
1-415-655-0002
Access code: 664 529 332

Even though this class is meant for January 1—everyday can be like January 1! This is a fact-filled class about resolutions that, when done properly, can truly change our lives. This seminar offers help, encouragement and guidance. The class is meant to be extremely interactive and participatory

February

[Maintaining a Health-Conscious Workplace](#)

Friday, February 7th, 2pm-2:30pm EST
1-415-655-0002
Access code: 664 449 298

For many of us, the last time we heard about incident command, safety, or a healthy work environment was during orientation or the onboarding process, which could be many years ago! However, these topics, among others, have remained relevant, and recent events have highlighted the need to reinforce and reinvent the way we communicate them between yearly renewals of training. This topic is centered on a novel, general pitch of these topics that will illustrate how employees can become involved and raise awareness of workplace policy management. While not a formalized training on these issues, the seminar will spark conversation and ideas about how to better implement safety and health-conscious attitudes in the workplace and serve as a springboard to the government-certified courses.

[Creating a Great Place to Work in 10 Easy Steps](#)

Friday, January 24th, 2pm-2:30pm EST
1-415-655-0002
Access code: 666 951 811

This seminar will teach participants the vision and ten steps to creating a great place to work, because who doesn't want to come to work every day and love where they are and what they do? Participants will come out of this class with a clear vision of not only what a healthy work environment is but also how to create it in their workplace. This will be a step-by-step process. To make it work, an investment must be made by each and every person.

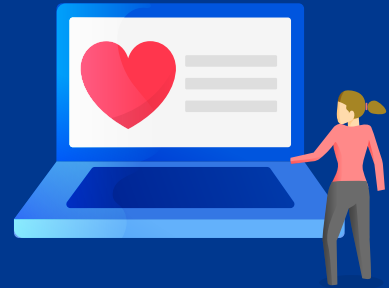
[Today's Family: Challenges & Changes](#)

Friday, February 21st, 2pm-2:30pm EST
1-415-655-0002
Access code: 668 696 129

Whether you have a traditional family or a single-parent family, all families face the same challenges. Parenting is still one of the toughest jobs we have. This class looks at the history of families and offers some best practices for how to have a healthy family, including some fun things families can do together. This class is meant to be discussion-based

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March

[Be Positive](#)

Friday, March 6th, 2pm-2:30pm EST

1-415-655-0002

Access code: 669 400 858

Although not everyone believes in the power of positive thinking, it is a field that has been around for centuries around the world. Today, scientists understand why the attitudinal approach—positive versus negative, dramatically impacts us as well as our relationships with others. In this class, we will discuss our ability to benefit from the power of positive thinking by making changes to our thought process and perspective.

[Dealing with Sleep Issues](#)

Friday, March 20th, 2pm-2:30pm EST

1-415-655-0002

Access code: 663 382 890

Do you have difficulty sleeping? Check out this program where you'll explore sleep disorders and their causes (circadian rhythms, insomnia and snoring/sleep apnea), discuss the benefits of sleep studies and examine sleep's relationship to stress and the release of cortisol. Additionally, you'll identify ways to address insomnia and leave with helpful resources.

April

[Filling the Nutritional Gaps](#)

Friday, April 3rd, 2pm-2:30pm EST

1-415-655-0002

Access code: 665 034 020

In this program, participants will explore snacking, determine its benefits and examine its impact on blood sugar. They will discuss effective snacking in meeting the body's need for recommended nutrients as well as how myplate.gov can be used to determine gaps and which recommend foods can address those gaps. Participants will explore the role of fiber, compare and contrast soluble and insoluble fiber and identify sources of each. They will also have an opportunity to engage in an activity using oranges as a food source to meet multiple needs.

[Getting Organized](#)

Friday, April 17th, 2pm-2:30pm EST

1-415-655-0002

Access code: 664 666 234

If you need help getting organized, this program is for you. It looks at the downside of lax organization, helps you determine your own organizational quotient, explores why we're disorganized, examines the benefits of organization and identifies how to start. It addresses both home and work, discusses storage issues, helps you determine if disorganization is a problem and offers resources

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May

Healthy Kids

Friday, May 1st, 2pm-2:30pm EST
1-415-655-0002
Access code: 665 493 713

Healthy kids lead to healthy adults. We will discuss the research behind living a healthy life and practicing preventative health for kids as well as the impact healthy living can have on kids' minds and bodies as they grow. The areas of discussion include nutrition for kids, exercise, immunizations and sleep, to name a few. Learn how you can raise a healthy kid!

Staying Connected in Today's Digital World

Friday, May 29th, 2pm-2:30pm EST
1-415-655-0002
Access code: 668 062 506

With the advances in technology we have today, connecting with others is right at our fingertips. However, loneliness is at an all-time high. During this training we will take a look at how technology has changed our day to day social interactions and how these changes have affected the way we connect and interact with others. We will explore ways to use technology wisely yet still maintain that personal touch in our relationships

Motivate, Recognize, and Energize Employees

Friday, May 15th, 2pm-2:30pm EST
1-415-655-0002
Access code: 661 601 577

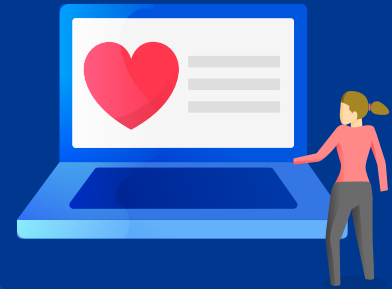
This high-energy seminar will help participants create a tool bag of techniques to motivate employees and managers. We will cover self-care, positive psychology, resiliency, laughter and more! This workshop discusses how motivation and recognition leads to increased productivity. Nonmaterialistic ways to make your employees feel special and valued will also be shared.



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June

[The Truth about Dieting](#)

Friday, June 12th, 2pm-2:30pm EST
1-415-655-0002
Access code: 664 666 918

In this seminar, we will discuss why diets don't work and, more importantly, explain what does work. When to eat, what to eat and how much to eat, among other topics, will be covered in this seminar that will leave you with a good idea of how to maintain a healthy weight the right way!

[Technology and Exercise](#)

Friday, June 26th, 2pm-2:30pm EST
1-415-655-0002
Access code: 664 628 809

Dive into the rapidly expanding world of technology in the fitness industry and how to benefit from this immense inflow of information and innovation. From new types of exercise routines and equipment to suggested apps and tech wearables- knowing what is available will provide a huge advantage in reaching your exercise goals.

July

[Collaborative Communication](#)

Friday, July 10th, 2pm-2:30pm EST
1-415-655-0002
Access code: 661 841 063

Communication is an important skill to develop, but not many people understand why it is so important to communicate together. This class is applicable to parents, spouses, partners, colleagues and bosses. It explains why better communication can enhance our lives by teaching us new things. This is an interactive class in which participants will get to practice the techniques that are taught.

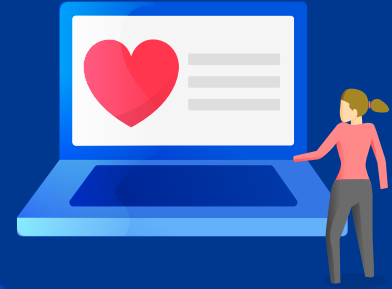
[Dealing with the Elephant in the Room](#)

Friday, July 24th, 2pm-2:30pm EST
1-415-655-0002
Access code: 661 635 924

"Dealing with the Elephant in the Room" is a communications development seminar in which participants learn the skills to talk to anyone about anything. Participants begin by identifying the uncomfortable issues and realities they face at work and at home. Then they learn how to confront such issues with tact, empathy and clarity. This seminar helps increase productivity and improve relationships by addressing problems, conflicts or misunderstandings proactively.

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August

The 5 Buckets Principle

Friday, August 7th, 2pm-2:30pm EST
1-415-655-0002
Access code: 662 823 830

Is it possible to meet the competing demands of finances, friends and family, work, health and community? The resounding answer is yes! In this fun, interactive seminar, participants will learn the 5 Buckets Principle™ of work/life balance to get the tools to prioritize what is and should be important to them. They will learn how to think about the BIG PICTURE without ignoring the little things that matter. We will show them how to find the time to manage it all, including time for themselves and for fun, by identifying priorities, making choices and managing expectations.

Disaster Preparedness

Friday, August 21st, 2pm-2:30pm EST
1-415-655-0002
Access code: 668 518 997

When unexpected events, such as hurricanes, occur we sometimes wait for disaster to strike. Often, however, we have no warning. In all situations, basic knowledge and preparation is the key to survival and recovery. We will talk about people and pets as well as how you can prepare everything from documents to home protection—what to have ready to go and how to plan with your family.

September

Stick With It

Friday, Sept 18th, 2pm-2:30pm EST
1-415-655-0002
Access code: 668 424 222

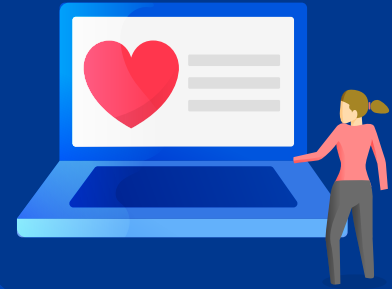
What dreams or goals do you harbor that seem out of reach? In this program, participants will gain tips and insights into making those dreams a reality using plans, anticipating what may come, saying “yes,” identifying obstacles and the accompanying myths, determining techniques for starting and exploring motivators, flexibility and the ability to keep going



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October

Women's Health

Friday, October 2nd, 2pm-2:30pm EST
1-415-655-0002
Access code: 668 186 598

Women often have an intuition when something is wrong and are more likely to seek out medical help. However, women are not always aware of the risks of heart disease, which is the number one cause of death for women, and strokes, both of which are silent killers of women, as well as many cancers. The good news is there are many preventative steps you can take and this class will cover those as well as the signs, symptoms and alternative solutions available today.

Men's Health

Friday, October 30th, 2pm-2:30pm EST
1-415-655-0002
Access code: 666 858 624

In this day and age, it is clear that men have their own set of health issues and are less likely to seek help for their medical issues. This class will emphasize the importance of preventive measures for men's health and discuss everything from sleep issues to cancer screenings and how to find a doctor.

Working with Millennials

Friday, October 16th, 2pm-2:30pm EST
1-415-655-0002
Access code: 666 192 638

During this seminar we will look at tips and tools that can guide you in working with this mission-based generation of millennials, a generation that usually has a lot of misconceptions. We will talk about why those misconceptions are out there, and take a deeper dive into discussing what contributions and traits millennials bring to the workplace.

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November

Gratitude

Friday, November 13th, 2pm-2:30pm EST
1-415-655-0002
Access code: 666 443 616

This seminar is about learning the science behind gratitude and how it can help to increase the meaningful relationships in all areas of your life. The newest research empowers individuals to learn how to incorporate gratitude both at work and home, and this class will incorporate tips and tolls to help you do that. This topic is a true continuation of increasing awareness of the complicated relationships we have in our lives. When we focus on what we can be grateful for each and every day it offers a new perspective on our daily life.

December

Holiday Survival Guide

Friday, December 4th, 2pm-2:30pm EST
1-415-655-0002
Access code: 663 676 915

We all have special feelings about the holidays. For many, it's a wonderful time of celebration, family gatherings and joyful times. For others, it's a time of sadness and feeling overwhelmed. In this seminar, participants examine sources of holiday stress and learn strategies for coping and managing their emotions, time, relationships and finances. Share ideas for organizing holiday tasks and managing holiday demands, and look at the role of holiday traditions.

Resiliency for Working Parents

Friday, December 18, 2pm-2:30pm EST
1-415-655-0002
Access code: 666 849 904

Today's working parent needs to build resiliency in order to prevent burnout. This class will give you the tools to manage stress while maintaining a sense of work and family life balance.