

worklife **MATTERS**

BalancedLiving Webinar Series 2017

Please join us for our live webinar series. Each month, IBH features a 45 to 50 minute presentation with a subject matter expert followed by a live Q&A session!

MONTH	TOPIC	DATE	DESCRIPTION
JAN	Quality of Life	JAN 17th, 2017 at 12pm EST, 9am PST	Uncover important factors that will determine your future quality of life and serve as a starting point for planning a satisfying retirement.
FEB	What Are My Kids Doing Online?	FEB 21st, 2017 at 3pm EST, 12pm PST	This webinar will go over internet safety: The benefits and pitfalls of internet use and developmental guidelines for internet use and oversight.
MAR	Change Management	MAR 21st, 2017 at 12pm EST, 9am PST	We will examine the concept of organizational change, typical expectations and realities, and strategies for successfully managing change.
APR	Coping with Grief and Loss	APR 18th, 2017 at 3pm EST, 12pm PST	We will discuss the process of grief and loss from the perspective of losing a loved one, whether it was expected or sudden.
MAY	The Science of Happiness: Learn how bring more happiness into your life	MAY 16th, 2017 at 12pm EST, 9am PST	Explore the history and research behind this concept of happiness, how it relates to the various facets of your life, and what you can do to increase life satisfaction.
JUN	Special Needs and Disability Planning	JUN 20th, 2017 at 3pm EST, 12pm PST	We will focus on life and long-term care planning for special needs families. Join us and take an active role in planning your loved one's future.
JUL	Maximizing Your Social Security Benefits	JUL 18th, 2017 at 12pm EST, 9am PST	Get a better understanding of how Social Security retirement benefits work, so you can make an informed decision when you become eligible to receive benefits.
AUG	Communication Skills- Beyond Words!	AUG 15th, 2017 at 3pm EST, 12pm PST	Learn about non-verbal communication, communication channels through social media, and perceptions of communication through one's appearance.
SEP	Envolvement & Engagement: Learn how small acts of kindness can change your life	SEP 19th, 2017 at 12pm EST, 9am PST	We will explore two actionable concepts that you will enjoy adding to your daily/weekly routine and that will help you live a happier, positive, purposeful life!
OCT	Surviving and Enjoying the Six Stages of Parenthood	OCT 17th, 2017 at 3pm EST, 12pm PST	We will examine, not child, but parental development from the prenatal phase through the empty nest, or departure phase.
NOV	Elder Law Basics	NOV 21st, 2017 at 12pm EST, 9am PST	We will focus on estate documents, long-term care and protecting your assets for your loved ones.
DEC	Emotional Composure- Remaining Dynamic and Unruffled Under Stress	DEC 19th, 2017 at 3pm EST, 12pm PST	We will discuss a selection of customary stressors as well as techniques for exercising control over them.

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