

2017 Webinar Schedule for Employees & Managers

January

Vision Boards: Creating the Life You Want (live) – Thursday, January 26, 2017

Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific

Content includes: Steps for creating a visual display of goals, dreams and desired accomplishments.

February

Preserving Integrity: Making Good Choices* (manager session)

Content includes: The benefits of leading from a position of integrity.

Breaking the Habit of Procrastination*

Content includes: Strategies to reduce or overcome procrastination.

Building Good Credit and Improving Your Credit Score (live) – Thursday, February 23, 2017

Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific

Content includes: The FICO system explained and how to use this information to improve credit scores.

March

Respect at Work (live) – Wednesday, March 22, 2017

Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific

Content includes: The root causes of offensive behaviors in the workplace and how modern technology has impacted workgroup relationships.

April

Sandwich Generation: Strategies for Multi-Generational Caregiving (live) – Wednesday, April 19, 2017

Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific

Content includes: Strategies that may help the Sandwich Generation (those caring for both young and older dependents) be more effective in their dual caregiving roles.

May

Showing Appreciation for Your Employees* (manager session)

Content includes: Methods for motivating employees, building confidence and establishing the work standards valued within your organization by providing positive recognition.

Getting Along with Your Co-Workers*

Content includes: How to create and maintain productive working relationships with co-workers.

Safe and Stress-Free Summer (live) – Thursday, May 18, 2017

Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific

Content includes: Strategies to create a rich and rewarding summer experience for your child.

June

Turning Negatives into Positives (live) – Thursday, June 22, 2017

Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific

Content includes: Ways to build confidence using mindfulness techniques and motivational strategies to facilitate lifelong change.

July

Preventing Burnout: A Balanced Life Check-up (live) – Wednesday, July 19, 2017

Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific

Content includes: How to detect burnout triggers and ways to regain enthusiasm and life balance.

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August

The Power of Effective Delegation* (*manager session*)

Content includes: Strategies to delegating with clear objectives and expectations to ensure tasks are done efficiently and in a way that builds team capacity.

Teaching Children to Make Wise Decisions*

Content includes: Methods for helping children develop skills for making good decisions.

Highs and Lows of Back to School (*live*) – *Wednesday, August 23, 2017*

Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific

Content includes: Tips on balancing work and parenting and a brief overview of issues facing today's children.

September

What We Need to Know about Diabetes (*live*) – *Wednesday, September 20, 2017*

Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific

Content includes: Simple steps that may improve overall health and prevent diabetes and pre-diabetes.

October

Eating through Celebration (*live*) – *Wednesday, October 18, 2017*

Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific

Content includes: Strategies to avoid overeating at celebrations and maintain health goals year round.

November

Tackling the Challenges of Team Work* (*manager session*)

Content includes: How to keep teams moving forward despite inevitable personality differences.

Keeping Calm Under Pressure*

Content includes: How to respond well to stressful events.

Holiday Budgeting (*live*) – *Thursday, November 16, 2017*

Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific

Content includes: Helpful skills for keeping holiday budgets in balance.

December

Winter Wellness (*live*) – *Thursday, December 21, 2017*

Two options: 12 noon Eastern/11 a.m. Central/9 a.m. Pacific and 3 p.m. Eastern/2 p.m. Central/12 noon Pacific

Content includes: An overview of the immune system, ways to combat winter illnesses and strategies for staying healthy all year.

To access the webinars:

- Go to www.mylifematters.com/my/webinars and follow the directions on that page. Please sign in with your company password.
- For live webinars, click on the link for the webinar you would like to attend and follow the registration instructions. You must register prior to the start of the webinar to attend.
- Transcripts for non-captioned, archived webinars are available upon request.

**These webinars will be available during the month listed. You may request to be notified by e-mail when it is posted.*

LifeMatters® 2017 PROMOTIONS

	ELECTRONIC PROMOTIONS*	QUARTERLY PROMOTIONS*	LifeMatters® WEBINARS	WORKLIFE WEBINARS	MANAGEMENT WEBINARS
January	<ul style="list-style-type: none"> – Simplify – Improving Digestion 			Vision Boards: Creating the Life You Want	
February		<ul style="list-style-type: none"> – Domestic Violence – Internet Safety – Retirement Planning 	Breaking the Habit of Procrastination	Building Good Credit and Improving Your Credit Score	Preserving Integrity: Making Good Choices
March	<ul style="list-style-type: none"> – Managing Change – Conflict Resolution 			Respect at Work	
April	<ul style="list-style-type: none"> – Alcohol/Drug – Grief and Loss 			Sandwich Generation: Strategies for Multi-Generational Caregiving	
May		<ul style="list-style-type: none"> – Suicide Awareness – Happiness – Estate Planning 	Getting Along with Your Co-Workers	Safe and Stress-Free Summer	Show Appreciation for Your Employees
June	<ul style="list-style-type: none"> – Reducing Anxiety – Balancing Work and Family 			Turning Negatives into Positives	

* Topics subject to change.

Complete

LifeMatters® 2017 PROMOTIONS

	ELECTRONIC PROMOTIONS*	QUARTERLY PROMOTIONS*	LifeMatters® WEBINARS	WORKLIFE WEBINARS	MANAGEMENT WEBINARS
July	<ul style="list-style-type: none"> – Communication – Bringing Out the Best in Your Life 			Preventing Burnout: A Balanced Life Check-up	
August		<ul style="list-style-type: none"> – Leadership – Stress Management – Social Security Benefits 	Teaching Children to Make Wise Decisions	Highs and Lows of Back to School	The Power of Effective Delegation
September	<ul style="list-style-type: none"> – Parenting – Resilience 			What We Need to Know About Diabetes	
October	<ul style="list-style-type: none"> – Depression – Flu Season 			Eating Through Celebration	
November		<ul style="list-style-type: none"> – Diversity – Smoking Cessation – Finances 	Keeping Calm Under Pressure	Holiday Budgeting	Tackling the Challenges of Team Work
December	<ul style="list-style-type: none"> – Holidays – Elder Care 			Winter Wellness	

* Topics subject to change.

Complete

A Guide to LifeMatters® Services

When you or your family need useful ideas, helpful resources, or reliable professional care, LifeMatters is just a phone call away. Free, confidential LifeMatters services include:

Telephone and six (6) face-to-face assistance with:

- ▶ Stress, depression, and personal problems
- ▶ Balancing work and personal needs
- ▶ Family and relationship concerns
- ▶ Alcohol or drug dependency
- ▶ Workplace conflicts
- ▶ Any other issue of concern in your life

WorkLife Services:

- ▶ **Financial consultation** and resources to set up a budget, obtain and review credit report information, or assist with debt management and consolidation.
- ▶ **Legal consultation** with an attorney either over the phone or face-to-face for consumer law, traffic citations and fender benders, family law, or estate planning.

Online and assisted searches for:

- ▶ Child and elder care resources and guidance
- ▶ Adoption assistance
- ▶ Educational resources
- ▶ Personal security



- ▶ Online calculators for a variety of analytical questions and needs
- ▶ Home improvement
- ▶ Veterinarians, pet sitting, and obedience training

The program's user-friendly, confidential services are available to you and your eligible dependents 24 hours a day, every day of the year by calling:

1-800-634-6433

Toll-Free Throughout North America

Go to **mylifematters.com** on the Internet or your mobile device and enter the password to access resources, educational information, and self-service options.

Services provided directly by LifeMatters are free. If you are referred to outside resources, you will be advised about your costs, if any.

For more information, call LifeMatters at 1-800-634-6433 or visit mylifematters.com — password **SW1**.

Call LifeMatters® toll-free anytime. **1-800-634-6433**

Assistance with Life, Work, Family, and Wellbeing • 24/7/365

TDD and language translation services are available

Call collect to **262-574-2509** if outside of North America

Visit LifeMatters® online at **mylifematters.com**

 facebook.com/lifematterseap





www.mylifematters.com

password SW1

Employee Letter

1-800-634-6433

Serve Wisconsin/AmeriCorps is pleased to announce a new Employee Assistance Program (EAP) called **LifeMatters!** We have contracted with Empathia, Inc. to provide this **free, confidential** service to you and your immediate family members.

As of 9/1/17, you can call **1-800-634-6433**, 24 hours a day, every day of the year to receive LifeMatters EAP services. Professional counselors are available at all times to provide assistance to you and your eligible dependents for a wide range of issues, including:

- Job concerns - Legal/Financial worries - Alcohol/drug abuse problems - Relationship issues - Emotional or stress-related issue - Family needs

Counseling services are available at **no cost** to you, your dependents, and anyone residing in your household. Each eligible member has six (6) face-to-face counseling sessions, per issue, per year. If additional services are recommended, the counselor will assist you with accessing providers covered by your insurance plan.

Additional access to LifeMatters is available through their website - www.mylifematters.com. Enter our company password **SW1** to obtain educational information, useful links, help locating child and elder care providers, and self-assessment tests.

You may not need assistance now, but if you or a family member needs help in the future, LifeMatters is always there. If you have any questions about this new service, contact Human Resources or call LifeMatters at 1-800-634-6433.

Thank you – we hope you take advantage of this excellent benefit!