

# balancedliving

BalancedLiving Webinar Series 2018

Each month, IBH features a 45 to 50 minute recorded webinar with a subject matter expert. Webinars are featured on your Personal Advantage homepage. You can login to your account at any time during the month the webinar is featured to view and submit questions.

MONTH	TOPIC	DESCRIPTION
JAN	Budgeting Basics: Financial Wellness is Within Reach!	Most of us know what we should be doing – saving more, spending less on credit – but we don't always know how to implement a plan to move towards financial wellness. A personal monthly budget is the tool that will bring order out of financial chaos.
FEB	Eat Your Way to Better Health!	Whatever your health-related goals might be, this session will empower you with resources and information to help you lead the longest and healthiest life possible.
MAR	Workplace Differences: A Matter of Style	Discover your learning/communication style, how understanding the styles of others can prevent misunderstanding and stress, and how to maximize your own personal style.
APR	The Thriving Family: A parent's guide to raising resilient kids	Join us in this webinar as we explore the complexities of our role as parents, our relationship with our individual children and the evidence-based approaches to foster resilience.
MAY	Painless Estate Planning	Join us to learn the simple steps you need to take to create a basic estate plan. We will cover the few basic documents that can save you and your family loads of aggravation and unnecessary expense.
JUN	Minimizing Worry to Maximize Your Life	Are you a worrywart? Nineteen million Americans are chronic worriers and 38 percent report worrying every day. In this webinar, we will assist you in analyzing the root cause of worry, and strategies to break the cycle of worry.
JUL	Harnessing the Power of Social Media	Facebook, LinkedIn, Twitter: are they good or bad? Utilized correctly these can be wonderful business tools. Utilized incorrectly, they can kill a career. We will discuss effective utilization of these powerful tools, as well as cautions for inappropriate use.
AUG	Managing Negative People	Managing negative people is tough, there are methods which enable you to keep your cool, defuse employee negativity, and create a positive culture in your workplace.
SEP	Legal and Financial Aspects of Eldercare	One of the most stressful aspects of caregiving is managing your loved one's financial obligations. In this session, we will discuss these important issues and participants will walk away with resources to assist them in this often-confusing process.
OCT	Investing 101	Do you want to invest but don't know where to get started? This webinar will help you to understand what investing is, what it means, and how the "miracle" of compounding works.
NOV	Five Generations in One Workplace	Traditionalists, Baby Boomers, Gen X, Millennials, Gen Z... all with different work styles and expectations! Join us to better understand each generation and learn how to maximize the fabulous advantages of these generations working in tandem.
DEC	Mindfulness in the Workplace	Join us in this webinar where we learn the science behind this spiritual practice and discover the very practical mindfulness practices that can increase your overall success in the workplace.

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