



GOOD QUESTIONS.

GREAT ANSWERS.

WORK-LIFE RESOURCE **2012**

	Monthly Theme	Monthly Webinar* Title	Webinar Description <i>Join us for these introductory webinars on work-life topics</i>
JAN	DOES THIS MAKE CENTS? <i>Creating and sticking to budget</i>	Financial Fitness: Living Within a Realistic Budget JAN 17 th - 12 pm, 2 pm, & 4 pm ET JAN 18 th - 12 pm EST <i>en español</i>	Learn to create and live within a realistic budget, set short and long-term financial goals, track spending, and manage debt.
FEB	DO YOU HEAR ME? <i>Keeping the lines of communication open</i>	The Art of Listening and Giving Feedback FEB 21 st - 12 pm, 2 pm, & 4 pm ET	Enhance communication through the art of active listening and learn guidelines for healthy and successful interaction.
MAR	WHAT'S ON YOUR PLATE? <i>Nutrition for you and your family</i>	Eating Your Way to Wellness MAR 20 th - 12 pm, 2 pm, & 4 pm ET MAR 21 st - 12 pm EST <i>en español</i>	Learn tips and resources to eat your way to better and long-lasting health based on the USDA new "My Plate" guidelines.
APR	ARE YOU READY FOR THIS? <i>Disaster preparedness</i>	Getting Prepared Before a Disaster Strikes APR 17 th - 12 pm, 2 pm, & 4 pm ET	Learn steps to cope with a disaster with careful preparation and the development of an action plan.
MAY	ARE WE THERE YET? <i>Keeping the kids occupied this summer</i>	The Best Summer Ever! MAY 15 th - 12 pm, 2 pm, & 4 pm ET	Learn strategies to create a rich and rewarding summer experience for your child.
JUN	TO TWEET OR NOT TO TWEET? <i>Twitter, Facebook, and social networking in the office and beyond</i>	Social Networking: Today's Communication Tools JUN 19 th - 12 pm, 2 pm, & 4 pm ET	Facebook, Twitter, Skype, and FaceTime—learn the importance of online networking in your business and personal life.
JUL	DO I HAVE ENOUGH? <i>Saving for retirement</i>	Your Routine Financial Check-Up JUL 17 th - 12 pm, 2 pm, & 4 pm ET	Learn the key indicators of financial stability and use simple strategies to reach your optimum financial health.
AUG	CAN I TRUST MY TEEN? <i>Parenting teenagers</i>	Raising Responsible Teens AUG 21 st - 12 pm, 2 pm, & 4 pm ET AUG 22 nd - 12 pm EST <i>en español</i>	Obtain practical parenting tips for raising trustworthy teens to ensure their safety and give you peace of mind.
SEP	DO YOU NEED A BREAK? <i>Relaxation for mind, body, and spirit</i>	Relaxation at the Workplace SEP 18 th - 12 pm, 2 pm, & 4 pm ET	Learn stress busters, breathing techniques, and safe stretching exercises to relieve tension at the workplace or anywhere.
OCT	ARE YOU COLLEGE BOUND? <i>College preparedness</i>	Preparing to Enter College OCT 16 th - 12 pm, 2 pm, & 4 pm ET	Take the mystery out of the admissions process with tips for applications, financial aid, and the emotional aspects of applying for college.
NOV	WHO CARES? <i>Support for those caring for elder adults</i>	Who Takes Care of the Caregiver? NOV 20 th - 12 pm, 2 pm, & 4 pm ET NOV 14 th - 12 pm EST <i>en español</i>	Caring for dependent adults can be overwhelming. Caregivers and their families learn tips to manage stress and identify resources.
DEC	WHAT'S MY NEXT STEP? <i>Setting goals for the future.</i>	Creating Your Personal Development Plan DEC 18 th - 12 pm, 2 pm, & 4 pm ET	Where do you want to be one, five, even ten years from now? Mapping your growth in the short and long-term.



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