

# 2025 Webinar & Monthly Theme Calendar

Webinars begin at 11:00 a.m. and are 45 minutes long. They are recorded and posted to the member website within 5–7 business days.

## **JANUARY**—January 8

### [Recharge your mental wellbeing](#)

- Describe mental wellbeing and why it matters
- Learn strategies to improve your outlook
- Practice simple techniques to boost overall positivity

*Monthly theme:* Reset your energy

## **FEBRUARY**—February 12

### [Manage stress in uncertain times](#)

- Define key stressors and reactions to challenging situations
- Learn strategies to maintain emotional balance and resilience
- Discuss techniques to navigate difficult conversations

*Monthly theme:* Adapt to change

## **MARCH**

Members—March 12

### [Prioritize sleep to boost your wellbeing](#)

- Describe the critical role sleep plays in mental and physical health
- Identify signs and symptoms of poor sleep
- Explain simple ways to improve bedtime routines

*Monthly theme:* Invest in rest

Managers—March 26

### [Thrive at work: A guide to wellbeing for leader](#)

- Describe key aspects of wellbeing and their impact on leadership effectiveness
- Discover ways to integrate wellness practices into your daily routine
- Learn how to support and promote wellbeing within your team

*Monthly theme:* Thrive as a leader

## **APRIL**—April 9

### [Support loved ones with mental health concerns](#)

- Recognize common signs of mental health challenges
- Learn tips to provide meaningful support to loved ones
- Discover valuable resources

*Monthly theme:* Be a mental health ally

## **MAY**—May 14

### [Recognize the influence of artificial intelligence and social media on mental health](#)

- Define artificial intelligence and how it affects social media
- Learn the signs of technology overuse and its effect on mental health
- Discover strategies to create a healthier relationship with technology

*Monthly theme:* Practice healthy social media use

## **JUNE**

Members—June 11

### [Foster healthy relationships by setting appropriate boundaries](#)

- Understand the hows, whys and whens to set boundaries
- Explain communication styles and when they are appropriate
- Develop practical skills to confidently express your needs and limits

*Monthly theme:* Prioritize your needs

Managers—June 25

[Lead with balance to achieve work-life harmony](#)

- Define work-life satisfaction and its impact on leaders and teams
- Develop strategies to balance work and personal responsibilities
- Learn how to foster a team culture of work-life harmony

*Monthly theme:* Choose work-life satisfaction

**JULY**—July 9

[Embrace self-compassion](#)

- Define components of self-compassion
- Learn practical ways to incorporate these components into your daily life
- Practice a self-compassion exercise

*Monthly theme:* Improve self-esteem

**AUGUST**—August 13

[Set goals to overcome self-doubt](#)

- Describe the importance of goal setting and its impact on self-confidence
- Learn how to set clear, achievable goals
- Identify how to overcome obstacles

*Monthly theme:* Overcome imposter syndrome

**SEPTEMBER**

Members—September 10

[Understand and address bullying](#)

- Recognize signs of bullying at work, school and online
- Discover effective strategies to address and stop bullying
- Identify ways to support individuals experiencing bullying

*Monthly theme:* Stop bullying in its tracks

Managers—September 24

[Build a positive workplace culture](#)

- Define civility and how it impacts the workplace
- Discuss how to practice and promote civility on your team
- List additional resources to support a respectful environment

*Monthly theme:* Build a harmonious team

**OCTOBER**—October 8

[Navigate complex economic times](#)

- Define economic and market dynamics
- Discuss risk tolerance and budget impacts
- Learn how to find an investment professional and prioritize spending and saving.

*Monthly theme:* Cope with financial hardships

**NOVEMBER**—November 12

[Overcome challenges of dual caregiving](#)

- Identify common caregiving stressors
- Explore effective ways to balance the demands of caring for both children and elderly loved ones
- Describe self-care techniques to prevent burnout

*Monthly theme:* Combat caregiver stress

**DECEMBER**

Members—December 10

[Simplify your life to calm your mind](#)

- Define how taking on too much causes mental and physical clutter
- Develop decluttering strategies for peace of mind
- Apply mindfulness techniques to reduce mental overload

*Monthly theme:* Simplify your life

Managers—December 3

[Master emotional regulation to be a more effective leader](#)

- Describe emotional regulation and why it's important for leaders
- Develop self-regulation strategies to maintain composure
- Explore techniques to stay calm and positive in challenging situations

*Monthly theme:* Lead with empathy and self-awareness

*Note: To access past webinar recordings, slideshows and any handouts, visit [lifereferalls.com](https://lifereferalls.com) and enter the access code: BSC. Webinar recordings are posted in the On Demand Learning section under Member Services.*