

Uprise Health features a free work-life webinar each month. Log-in to your Personal Advantage home page any time during the month the webinar is featured to view and submit questions.

JAN***Achieving Harmony: How to Maintain a Healthy Work/Life Balance***

In this webinar you will learn how to: recognize the signs of poor work life balance, create manageable goals, plan your time productively, and distinguish when you need support and how to get it.

FEB***Family Ties***

Connecting as a family on all levels is key to how children behave in social settings and later in life. In this webinar we will discuss communication skills, and the ways in which children cope with life issues and conduct themselves.

MAR***Riding the Waves of Change***

During this webinar, we'll demonstrate techniques for successfully navigating change and using it as an opportunity for learning and growth.

APR***Empathy on Empty: Compassion Fatigue***

Even the most empathic person can become so overwhelmed by the chronic stress associated with caregiving that negative attitudes start to take over. Join us and learn techniques to help cope with compassion fatigue.

MAY***Addressing the Elephant in the Room: Grief, Illness and Family Care-Giving***

This webinar will provide practical advice for how to communicate, and request the support needed to balance work and home life and provide guidance on the challenges of both the employee and the employer.

JUN***How to Talk to Your Partner About Money***

In this webinar, we'll discuss why money can be such a problematic issue and offer practical strategies to have productive, connected conversations about money going forward.

JUL***Working it Out in the Workplace***

It's essential to create and maintain positive relationships for your own personal and organizational success. During this webinar, we'll explore common challenges and provide you with steps for navigating them.

AUG***As Our Parents Age***

This webinar will cover how to assess a parent's needs at each stage of aging, how to have difficult conversations, finding support solutions for emotional and health issues, and balancing self-care with caregiver responsibilities.

SEP***Navigating Divorce***

Regardless of where you are in the process, this dynamic session will empower you with information, tools, and resources to support you during and after your divorce.

OCT***Managing Your Finances Paycheck to Paycheck***

Join us for this very practical and actionable webinar on budgeting. Learn how to create your budget, set financial goals, and then find the money to fund them.

NOV***Mindset for Success***

Mindset has a huge influence on physical and emotional wellbeing, relationships, and personal success. You will leave this webinar armed with strategies for making simple shifts in thinking that can lead to great change.

DEC***Deep Relaxation for Better Sleep***

In this webinar, we will focus on mind/body relaxation, one of the most important factors in falling asleep, staying asleep and getting restorative sleep.