



## Work, life and family webinars

Register today.

Take an hour to take care of yourself. Explore and register today for the monthly webinars listed below. These are available to you and your family members, as part of your Employee Assistance Program. Click the titles to register.

### [Are You Financially on Track for Retirement?](#) **January 18, 1pm ET**

Learn more about the importance of establishing a specific, measurable retirement financial plan and determine if you are on track to reach the goals of your own vision of retirement.

### [Balancing Work and Life](#) **February 15, 1pm ET**

Help to explore and define home responsibilities, identify career requirements, and prioritize leisure time. The resulting better balance will help achieve more in one's career and at home.

### [Being Adaptive in An Ever-Changing World](#) **March 15, 1pm ET**

Recognize the importance of being adaptive in work and life and learn how to be adaptive and to be consistently able to change yourself to accommodate and maximize the benefits of being open to change.

### [The Psychology Behind Saving Money and Other Good Financial Habits](#) **April 12, 1pm ET**

We will examine recent research related to how and why people save vs. spend and identify strategies for you to change your financial mindset and develop new habits.

### [Mental Health Awareness](#) **May 17, 1pm ET**

Designed to reduce the stigma associated with mental illness and to promote ways of supporting one another in the workplace, this program will address signs and symptoms of distress and effective ways of providing support for co-workers.

### [Mindfulness: Being Present in Your Work and Life](#) **June 14, 1pm ET**

The idea of mindfulness or being mindful is complete engagement in the present moment. Some benefits of developing mindfulness include improved concentration, improved quality of relationships, and greater emotional control. This training discusses how to incorporate a practice of mindfulness into your life.

## Resources just for you and your family

From emotional and wellness support, financial or legal needs, or help with life's everyday challenges, New York Life Group Benefit Solutions (NYL GBS) offers a variety of programs, resources, and services to help you and your family members manage your unique concerns.

Contact Employee Assistance and Wellness Support 24/7

**Phone: (800) 344-9752**

Website: [guidanceresources.com](http://guidanceresources.com)

Registration Web ID: NYLGBS

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51 Madison Ave, New York, NY 10010

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