

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 lifereerrals.com and enter the access code: BSC. Webinar recordings are posted in the On Demand Learning section under Member Services.