



# MyLifeExpert Live 2021: Second Wednesday Webinar Series

January – June 2021 @ 1:30-2:30 EST

**January 13 - Leading During Uncertainty:** As the pandemic continues, and life is challenging, we will discuss key differences in effective leadership modalities.

**February 10 - Helping Students to Thrive During the “New Normal”:**

The pandemic, as well as other national events, have left college and university students with numerous challenges, and not living the carefree life they may have expected. We will discuss how you can help your student to get the most out of their educational and social experience, despite the challenges.

**March 10 - Bias is a Four Letter Word:** We all have biases, but so often we don't even realize them. In this session we will explore the scientific nature of bias, and how to begin to consciously overcome your biases.

**April 14 - Managing Your Time While Working Remotely:** Remote work is becoming the new normal, and projections are that it will continue long after COVID, but it does present some unique time management challenges. Join us to explore

**May 12 - The Art of Active Listening:** We all “hear”, but often don't truly listen. In this session we will explore the differences and learn how to actively listen!

**June 9 - What's Your Learning Style:** We all learn differently, but most of us are not aware of our most effective Learning Style – Join us to discover what your style might be, and how you can interact effectively with those of differing styles.



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June – December 2021 @ 1:30-2:30 EST

**July 14 – Managing Conflict, At Work and At Home:** Conflict is a normal part of every relationship, but key to managing conflict is the ability to Stop, Look and Listen... we will discuss how to identify true conflict and tactics to manage it positively

**August 18 – Leveraging Your Vulnerabilities:** We all have vulnerabilities, this is what makes us human, but so often we try to conceal these aspects from the world outside, when, actually, knowing, understanding and sharing your vulnerabilities can lead to a more productive you, and to enhanced relationships...

**September 8 – Caring for Your Loved Ones at Home:** Many elders prefer home care over institutionalized care, but the task can seem daunting – we will discuss the many considerations when determining the best option for care, as well as share resources that can make this living arrangement safe, affordable, and enjoyable for all.

**October 13 – Prioritizing to Manage a Full Plate:** Especially as year-end and the holidays approach we are often deluged with obligations and responsibilities – we don't know where to turn! We will discuss strategies for managing this "full plate".

**November 10 – LGBTQIA+ Sensitivity and Inclusion in the Workplace, and in your Life:** Diversity and Inclusion at work and beyond are essential to an organization's success, but if individuals don't fully understand the perspective of others, it is difficult to truly become a team. In this session we will discuss common assumptions and biases and learn the art of being truly inclusive.

**December 8 – The Time and Stress Management Tool Kit:** Especially during the holiday period, but year-round, we are faced with so many challenges and competing priorities. Learn our toolkit strategies for doing your best to eliminate unnecessary stress, while managing your time.



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