



2027 LifeMatters Webinars

New webinars are available on demand each month.

To watch, go to mylifematters.com and sign in using your registered account.

January

The Power of Everyday Purpose

This webinar explores how small shifts in perspective can help us reconnect with meaning, purpose, and fulfillment in everyday life. [Sign up for an email alert.](#)



February

The Numbers Behind Your Health: Understanding the Health Markers That Tell Your Story

Do you know your numbers? This webinar will explain what your blood pressure, cholesterol, and BMI numbers measure, why they matter, and what you can do to make improvements. [Sign up for an email alert.](#)



Building a Workplace Where People Can Thrive (for Managers and Human Resources)

This webinar will explore how leaders and organizations can create a workplace where people feel heard, supported, and motivated to do their best work. [Sign up for an email alert.](#)



March

Reclaiming Your Energy: Moving Beyond Emotional Exhaustion

Explore practical ways to recognize the signs of emotional depletion, shift unhelpful thought patterns, and create a more stable daily routine. [Sign up for an email alert.](#)



April

Healthy Lifestyle Basics

Learn how small, intentional changes can help you build confidence, boost your wellbeing, and create sustainable health habits. [Sign up for an email alert.](#)



May

Understanding Worry & Building Resilience

Explore strategies to help you reset, recharge, and find your balance, even when things seem out of control. [Sign up for an email alert.](#)



Connected Team: The Leadership Impact of Workplace Loneliness (for Managers and Human Resources)

This webinar offers practical strategies for building a team that feels seen, heard, and supported. [Sign up for an email alert.](#)



June

Break Through the Routine: Discover Something New

Are you struggling with the “same old same old”? Explore how trying new things can bring fresh energy and inspire greater curiosity in your daily life. [Sign up for an email alert.](#)



July

Unlock Your Potential: Building a Winning Mindset

Explore the mindset, habits, and patterns that can support our growth — or hold us back. [Sign up for an email alert.](#)



August

Find Your Motivation: Building Momentum & Follow Through

Explore the science between motivation and habit formation and what actions will help you to make meaningful progress toward reaching your goals. [Sign up for an email alert.](#)



Lead with Impact: Coaching, Managing & Developing Your Team (for Managers and Human Resources)

Explore the difference between managing and coaching and learn how to recognize when to use each form of leadership. [Sign up for an email alert.](#)



September

The Power of Willpower: Strengthening Self-Control

Does your willpower sometimes fail you? Explore the internal and external factors that impact your self-control and emotional self-regulation.

[Sign up for an email alert.](#)



October

Reset & Recharge: Simple Strategies for Everyday Stress

Do everyday stresses wear you down? Explore simple ways to pause, reset, and create moments of calm throughout your day. [Sign up for an email alert.](#)



November

The Ripple Effect: Small Acts, Meaningful Impact

Explore how small acts of kindness can become meaningful habits that benefit your community and increase your own wellbeing. [Sign up for an email alert.](#)



Connected from Anywhere: Building Stronger Remote Teams (for Managers and Human Resources)

Remote work sometimes makes it difficult for employees to feel included and engaged. This webinar explores strategies that leaders and managers can use to create a more connected and collaborative team. [Sign up for an email alert.](#)



December

The Science of Feeling Good

The choices we make impact our wellbeing in countless ways. This webinar offers a chance to reflect on when you feel your best and identify opportunities to create a life that is meaningful and fulfilling. [Sign up for an email alert.](#)



To Watch a Webinar:

- Go to mylifematters.com and create a registered account.
- Select "Webinars" from the top menu and locate the webinar you would like to watch.
- Pre-recorded webinars will be available in the month listed.
- Use the link or QR code above to sign up for an email alert when a webinar becomes available.
- Transcripts for archived webinars are available upon request.

