

# BalancedLiving

## 2019 Monthly Webinar Calendar

Each month, IBH features a 45 to 50 minute recorded webinar with a subject matter expert. Webinars are featured on your Personal Advantage homepage. You can login to your account at any time during the month the webinar is featured to view and submit questions.

MONTH	TOPIC	DESCRIPTION
JAN	Do Your Bucket List	Whether it's running an iron man, meeting somebody, or losing ten pounds, we all have that next thing we want to accomplish in life. Get inspired and get practical with these seven strategies to increase your focus on that next bucket list item.
FEB	Tax Saving Strategies	Review step-by-step the different sections of the 1040 and how you can maximize savings. What is the difference between a tax deduction and a credit? How can I minimize taxes? Give yourself a raise! Learn more about smart tax planning.
MAR	Resilience in Times of Change	In this webinar, participants will: explore the impact of change on individuals and organizations, define the concept of resilience and how it's essential to cope with change, and learn the skills necessary to foster resilience and make healthy transitions.
APR	Clear Your Clutter: A Comprehensive Guide	Learning how to approach clearing the clutter can feel daunting. This webinar will offer specific, strategic ways to approach clearing it and staying organized! We'll go room-by-room to help you have an organized and restful home.
MAY	Letting Your Emotions Interfere with Eating	Learn how to identify when you are eating emotionally and what your triggers may be. Learn how not to use food to fulfill an emotional void in this engaging, introspective webinar.
JUN	Master Your Mind: Emotional and Physical Health Connections	This session provides strategies that employ the mind to lessen chronic pain, reduce depression associated with physical ailments, improve health outcomes, and more.
JUL	Uncovering Unconscious Beliefs	During this session, we'll show you how to tune in and bring these unconscious beliefs to the surface so that they don't get in your way. Awareness is key to setting yourself up for success.
AUG	Mastering the Business of Workplace Etiquette	It's very difficult to succeed without a certain awareness of etiquette in the workplace. During this lively session, we will identify common pitfalls and show you how to avoid them. We will also review strategies to help you shine and leave a lasting impression.
SEP	Funding College: 5 Steps Every Family Can Use to Build a Successful Plan	In this terrific webinar, college expert Dan Bisig will share five steps every family can use to build their funding plan. Dan will share the most popular funding options available so that parents are equipped to have the "money talk" with their children.
OCT	5 Strategies to Actually Enjoy the Holidays This Year	This webinar will share five tips to actually enjoy the holidays this year and will guide you in creating a customized plan to apply them to your personal holiday situation. Let the festivities begin!
NOV	Money is Emotional: Prevent Your Heart from Hijacking Your Wallet	Participants will learn how to navigate emotional money situations with purpose and confidence, so you can ensure that your heart won't hijack your wallet.
DEC	Putting Out the Fire: Preventing and Managing Burnout	Research suggests that up to two-thirds of American employees experience some degree of burnout. Burnout impacts productivity, morale, and financial and legal bottom lines due to the health-related costs of burnout.

**TOLL FREE:** 800.386.7055

**WEBSITE:** [www.IBHWorkLife.com](http://www.IBHWorkLife.com)

**USERNAME:** Matters

**PASSWORD:** WLM70101

IBHWorkLife.com | 800.386.7055



GUARDIAN® and the GUARDIAN® Logo are registered service marks of The Guardian Life Insurance Company of America® and are used with express permission. 2018-67343 Exp.10/20

