



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 the Life Assistance Program through New York Life.

Can't join on the date listed? No problem. If you miss the webinar, you can catch the replay the day after the webinar occurs.

Click the titles to register:

[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.

[Moving Through Grief and Loss](#)

July 19, 1pm ET

Coping with the loss of a loved one can be an emotionally trying experience. Whether it's a parent, co-worker, friend or relative, the reality of losing someone close to you can feel overwhelming. This workshop is designed to help those suffering from grief to understand, identify and accept their feelings, and offers coping techniques to help the grieving process.

[Paying Off Debt While Building Wealth](#)

August 16, 1pm ET

In difficult economic times, many people are struggling to just keep up with monthly bills, let alone make progress on debt repayment. What suffers most is savings and investing goals. This session focuses on developing financial plans and strategies to address the dual goals of paying off debt while building personal wealth. This session covers the basics of each area and describes practical techniques to manage personal finances so you can repay debt without sacrificing other financial goals.