

# WORK-LIFE CALENDAR

LIVING IN REAL TIME

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2010

	MONTHLY THEME	MONTHLY WEBINAR	WEBINAR DESCRIPTION
JAN	SMART SPENDING	<b>Modern Day Bargain Hunter</b> Tuesday, January 19th at 12pm, 2pm and 4pm EST	Everybody loves a bargain. Whether it's hitting the stores after the holidays or finding the best deal online, do you know how to shop wisely? Understand the benefits of searching for promotional codes and coupons. Learn to navigate the web for what you need. Shop like an expert.
FEB	RELATIONSHIP REVIVAL	<b>Keep Your Love Alive: 10 Essentials That Make a Difference</b> Tuesday, February 16th at 12pm, 2pm and 4pm EST	Strong relationships with the important people in our lives take work, but we get so much in return. In this session, explore the essentials that will strengthen your current connections.
MAR	ATTITUDE ADJUSTMENT	<b>Emotional Intelligence for Success</b> Tuesday, March 16th at 12pm, 2pm and 4pm EST	What's your EQ? Emotional intelligence helps us to recognize and understand feelings and how they affect our behavior and those around us. Attendees will learn how to identify hot buttons, triggers and emotional roller coasters to help promote success at home and at work.
APR	WELLNESS PATH	<b>Stick With It!</b> Tuesday, April 20th at 12pm, 2pm and 4pm EST	Examine strategies and tips to help you create your wellness vision and healthy living goals. Identify and learn techniques to overcome the common obstacles that often block the way to goal achievement.
MAY	DOWNTIME	<b>Surge Protection: Preventing Burnout</b> Tuesday, May 18th at 12pm, 2pm and 4pm EST	Stress is a part of everyone's life, but too much of it can lead to poor health or even burnout. Learn how to identify the symptoms of stress in your own body. Examine strategies and build a plan to avoid burnout in the future.
JUN	PARENT POWER	<b>Working Parents</b> Tuesday, June 15th at 12pm, 2pm and 4pm EST	As work and home lives overlap, most working parents have grown accustomed to managing multiple roles. This session will help parents learn to identify and set realistic boundaries between the two to help insure success at work and at home.
JUL	TERRIFIC TRAVEL	<b>Be Your Own Travel Agent</b> Tuesday, July 20th at 12pm, 2pm and 4pm EST	These days, most of us are making our own arrangements for both business and personal travel. Whether you're looking for cheap fares, hotel upgrades or destination information, this session will show you how to explore online resources and provide self-planning travel tips.
AUG	SCHOOL SKILLS	<b>Making the Grade: Helping Your Child Achieve in School</b> Tuesday, August 17th at 12pm, 2pm and 4pm EST	Parents play a crucial role in helping children succeed. Explore factors that contribute to your children's academic achievement and strategies to encourage engaged learning.
SEP	MIND YOUR MEDICINE	<b>Take an Active Role in Your Health</b> Tuesday, September 21st at 12pm, 2pm and 4pm EST	Medical self-care is a decision-making process that can improve the quality of your healthcare. Learn to make informed health care decisions that result in more efficient use of medical resources, and prioritize your well-being.
OCT	PLACES AND SPACES	<b>Change or Re-arrange: Feng Shui It!</b> Tuesday, October 19th at 12pm, 2pm and 4pm EST	Sometimes the path to inner peace is in our surroundings. Removing clutter and creating easy flow in your surroundings using the ancient Chinese art of Feng Shui is thought to promote an environment that contributes to well-being.
NOV	CAREGIVER CRISIS	<b>Knowing Your Limits: Elder Care Planning and Decision Making</b> Tuesday, November 16th at 12pm, 2pm and 4pm EST	Caring for an aging parent is often a role that is thrust upon us, not one that is chosen. Caregivers are required to make many difficult decisions, including when it's time to ask for outside help. Learn to recognize your own limits and how to find the help you need.
DEC	FRIENDS AND FAMILY	<b>Say What You Mean the Right Way: Strengthening Healthy Forms of Communication</b> Tuesday, December 21st at 12pm, 2pm and 4pm EST	The holidays are a time to come together, but when one of us takes something the wrong way, the festive spirit quickly fades. Keep the cheer in the holidays by learning strategies and guidelines for successful communication.

QUALIFIED CONSULTANTS ARE AVAILABLE ANY TIME, ANY DAY TO PROVIDE FREE, CONFIDENTIAL ASSISTANCE FOR THE ISSUES THAT ARE IMPORTANT TO YOU AND YOUR FAMILY.



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