



Work, life and family webinars

Register today.

Set aside an hour for self-care by exploring and registering for the monthly webinars listed below. These sessions are available to you and your family members as part of your Employee Assistance Program. Click the titles to register today!

After the Holidays: Managing That Debt

January 15, 2025, 1pm EST

Holiday overspending can strain any budget, leading to debt and financial stress. Join our workshop to learn how to pay down holiday expenses quickly and affordably, and gain strategies to stay debt-free for future holidays.

Addressing Employee Performance Issues in a Supportive Way

February 12, 2025, 1pm EST

Addressing performance issues can be challenging, especially when trying to balance empathy with clear communication about expectations. This session provides practical tools to help you hold supportive, constructive conversations during these difficult discussions.

Becoming a Better Listener

March 12, 2025, 1pm EST

Research reveals that people remember only half of what they hear, even immediately after hearing it. While many of us believe we're good listeners, nearly everyone has room to improve. This workshop introduces a new approach to developing effective listening skills.

10 Strategies for Improving Your Finances

April 09, 2025, 1pm EST

The current economic climate presents both challenges and opportunities for managing finances. You may be asking, "What should I prioritize?" or "What goals should my family and I focus on?" This workshop covers 10 essential financial tips to guide you toward financial well-being, even in uncertain times.

Counseling and Therapy, Demystified

May 14, 2025, 1pm EST

Misconceptions about counseling and psychotherapy often prevent people from getting the help they need. In this session, we'll dispel common myths, explore how therapy can be beneficial, and provide insight into what to expect from the therapeutic process. We'll also review various therapeutic approaches and discuss the appropriate levels of care for different concerns.

School's Out: Getting Everyone Through the Summer

June 11, 2025, 1pm EST

Summer brings visions of relaxing beach days, but for working families, it also brings the challenge of balancing work with safe, engaging activities for children. This workshop offers creative summer activity ideas and practical tips to keep kids safe while you're at work.

Resources just for you and your family

From emotional and wellness support, financial or legal needs, or help with life's everyday challenges, New York Life Group Benefit Solutions (NYL GBS) offers a variety of programs, resources, and services to help you and your family members manage your unique concerns.

Contact Employee Assistance
and Wellness Support 24/7

Phone: (800) 344-9752

Website: guidanceresources.com

Registration Web ID: NYLGBS



Can't join on the date listed?

If you miss a webinar, you can [watch the replay](#) the day after the webinar occurs.

Watch a replay ►

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