



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.

<u>Addressing Employee Performance Issues in</u> 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 wellbeing, even in uncertain times.

May 14, 2025, 1pm EST

Counseling and Therapy, Demystified

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**

June 11, 2025, 1pm EST

for working families, it also brings the challenge of

Summer brings visions of relaxing beach days, but

Summer

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.

From emotional and wellness support, financial or legal needs, or help with life's everyday challenges, New York Life Group Benefit Solutions (NYL GBS)

Resources just for you

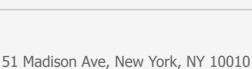
and your family

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

Registration Web ID: NYLGBS

Website: **<u>guidanceresources.com</u>**

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