

For employees:

Living Resources Program Training Schedule 2026



Thursday, February 12:

[What to Say When You Don't Know
What to Say](#)

Wednesday, March 11:

[Bringing out the Best in Others](#)

Thursday, March 26:

[From "Me" to "We": Build High-Performing
Teams by Strengthening Relationships](#)

Wednesday, April 8:

[Financial Planning for Life](#)

Thursday, May 14:

[Effective Communication](#)

Wednesday, June 10:

[Using Reason to Resolve Conflict](#)

Thursday, July 9:

[The Psychology Behind Saving Money
and Other Good Financial Habits](#)

Wednesday, August 12:

[Improving Social Wellness to Boost
Mental Health](#)

Wednesday, September 16:

[Avoiding Burnout: Self-Assessment
Methods and Strategies for Self-Care](#)

Thursday, October 8:

[Informed or Informed? Healthy Media
Consumption & Social Media Usage](#)

Thursday, November 5:

[How Physical Pain Can Impact Your
Mental Health](#)

Thursday, December 10:

[Talking About the Tough Subjects with
Your Parent or Older Loved One](#)

Each session is held from 12-1 PM EST.

All sessions will be recorded and available for viewing through the same link after the date has passed.



Live
Assistance

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