



# 2024 Engagement Themes

Monthly mental wellness themes and topics

Month	Theme	BLI Webinar Topics
January	Body image	New Year's resolution – setting yearly intentions January 24 at 2:00 p.m. ET <a href="#">Register here</a>
February	Financial wellness	
March	Breathwork	Bullying and violence in the workplace March 6 at 2:00 p.m. ET <a href="#">Register here</a>
April	Neurodiversity	
May	Mental health stigma	Intro to neurodiversity May 15 at 2:00 p.m. ET <a href="#">Register here</a>
June	LGBTQ mental health	Creating a mentally healthy workplace culture June 26 at 2:00 p.m. ET <a href="#">Register here</a>
July	BIPOC mental health	
August	Youth mental health	Stress management for high burnout professions August 21 at 2:00 p.m. ET <a href="#">Register here</a>
September	Suicide prevention	
October	Depression	
November	Compassion fatigue and burnout	Holiday survival guide: managing expectations and budgets November 6 at 2:00 p.m. ET <a href="#">Register here</a>
December	Work-life balance	



# 2024 Work/life seminars

Month	Theme	Online Seminar
January	Money and emotion	<b>Money Matters - Navigating Emotions for Financial Wellbeing</b> Discover how emotions can influence spending, trigger procrastination in challenging decisions, and impact your long-term financial health. Available Jan 16.
February	Be an Influencer	<b>Positive impact – become the influence</b> Learn the art of being a positive influencer and how to inspire those around you, whether at work, at home, or in community. Available Feb 20.
March	Bonding with Pets	<b>Best (furry) friends</b> Explore the impact of pets on your life and how the presence of a pet can enhance your mental and emotional wellbeing. Available Mar 19.
April	Food for Thought	<b>Food for thought</b> Explore the connection between your plate and your physical health and how eating mindfully can nurture your mental wellbeing. Available Apr 16.
May	Emotional Health	<b>Balancing act – strategies for mental health</b> Explore effective strategies that can help you nurture and enhance your mental health. Available May 21.
June	Feeling Fulfilled	<b>Living Well 365 - Igniting Motivation for a Fulfilling Life</b> Explore strategies for self-care to improve physical health, nurture mental wellbeing, foster positive relationships, and adopt healthy habits. Available Jun 18.
July	Teenager in the House	<b>Parenting adolescents: understanding Gen Z in your home</b> Equip parents and caregivers with insights and practical strategies to navigate the unique challenges and opportunities with teenage children. Available Jul 16.
August	Recognition	<b>Harnessing Positive Reinforcement for Success</b> Discover how recognition can inspire motivation, reinforce desired behaviors, and strengthen bonds in personal and professional spheres. Available Aug 20.
September	Getting Creative	<b>Crafting Joy: Finding Fulfillment in Creative Pursuits</b> Discover the art of trying new things, from exploring uncharted territories to diving into fresh hobbies that ignite your passion. Available Sep 17.
October	Aging Parents	<b>Aging Parents, Renewed Connections</b> Transitions of aging can sometimes be challenging, yet they also offer unique opportunities to deepen our relationships and rekindle connections. Available Oct 15.
November	Humor and Relationships	<b>Laughter Helps</b> Discover how a good laugh can boost your mood, strengthen relationships, and unlock a wealth of other benefits in this session. Available Nov 19
December	Tools for Life	<b>Toolbox Talks</b> Take inventory of the different tools you have in your figurative toolbox and look at things differently. Available Dec 17.