Empower your employees with educational tools that drive organizations forward.
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THE SEMINARS AND WEBINARS (“EVENTS”) ARE PROVIDED ON AN “AS IS” BASIS FOR EDUCATIONAL AND INFORMATIONAL PURPOSES ONLY. EVENTS ARE NOT A SUBSTITUTE FOR LEGAL, FINANCIAL, MEDICAL OR OTHER PROFESSIONAL ADVICE, SERVICES OR TREATMENT, WHERE THE PARTICIPANT DEEMS NECESSARY, THE PARTICIPANT SHOULD SEEK ADVICE FROM THE APPROPRIATE PROFESSIONAL. LIFECARE EXPRESSLY DISCLAIMS ALL WARRANTIES, EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. PARTICIPANTS ASSUMES ANY AND ALL RISK AND LIABILITY ARISING OUT OF OR RESULTING FROM ATTENDANCE AT THE EVENT OR RELIANCE ON THE INFORMATION AVAILABLE THROUGH THE EVENT AND AGREES TO HOLD LIFECARE HARMLESS FROM ANY CLAIMS AND LIABILITIES IN CONNECTION WITH THE EVENT. THE INFORMATION THIS PUBLICATION IS SUBJECT TO CHANGE.
About These Programs

WorkLife4You offers a broad spectrum of engaging programs for your employees. We continue to add new and varied topics to stay current with everyday issues and remain committed to helping you better meet your employees’ evolving needs.

Each program is developed by subject matter experts. They offer a creative and compelling learning experience and are facilitated by an experienced presenter. They include practical tips and strategies on important issues including managing stress, balancing work and family life, emotional intelligence, health and wellness, household budgeting, team building, leadership skills, parenting issues and caring for elders, to keep employees engaged.

We offer flexibility:

- Each seminar is tailored to meet your specific needs, and can be adapted to your specific time requirements and circumstances.
- We can conduct on-site workshops that offer a personal, interactive learning experience.
- We offer live webinars to reach large audiences. These can be scheduled during non-traditional work hours.

- Our keynote speakers are available to educate or motivate for conferences, meetings, special events and retreats.
- Podcasts can be a fast and easy platform to deliver information and tips on any of our topics.

For Best Results

- Provide your expectations, demographics and goals when you make your request. This information will help us select the most appropriate presenter for your event.

- Contact your FOH Account Executive in advance for events with more than 100 attendees. On-site keynotes have special presentation requirements and charges.

- Choose Live Webinars when looking to reach large groups and multiple sites with anonymity. Your employees can attend from anywhere.

- Keep class size to 50 or less for on-site employee seminars.

Cancellations: We understand that unexpected events occur and will work with you to reschedule. If you need to cancel an event, please contact your FOH Account Executive at least five business days in advance to avoid being charged a contracted event unit.

Video Recording or Broadcasting: Please inform your FOH Account Executive and the presenter if you plan to video record or broadcast your seminar or webinar. WorkLife4You Licensing Guidelines and additional charges are applicable.

What to Do Right Now

Make a Request

Contact your FOH Account Executive to begin the scheduling and coordination process. (Please allow a minimum of four weeks’ notice to ensure enough time to organize an effective and engaging event.)
Request Form

I. Seminars

Please fill out the information below regarding your seminar requests. Four weeks advance notice is preferable. Return completed form with the subject heading “Seminar Event” to: your FOH Account Executive.

Please provide at least five business days in advance if rescheduling or cancelling an event.

Seminar Event Location Details:
Street Address
City ___________________________ State ______________ Zip Code ________________
Expected # of attendees ___________________________ (suggested maximum 50 participants)

In order to provide this seminar, the room must be equipped with a projector and computer.

Please check the box for the equipment that is not available.

☐ Projector ☐ Computer

Comments ____________________________________________________________

Requested Topics: (choose from WorkLife4You’s Educational Sessions guide)

1) Topic _____________________________________________________________
   Date Options ___________________________ Time Options ___________________________

2) Topic _____________________________________________________________
   Date Options ___________________________ Time Options ___________________________

3) Topic _____________________________________________________________
   Date Options ___________________________ Time Options ___________________________

II. Visibility (health fairs, benefits fairs, visibility day, etc)

Please fill out the information below regarding representation at visibility events. Four weeks advance notice is preferable. Return completed form to your FOH Account Executive. Please use the subject heading “Visibility Event”.

Visibility Event Location Details:
Street Address
City ___________________________ State ______________ Zip Code ________________
Expected # of attendees ______ Date of Event __________ Time of Event __________ ☐ am ☐ pm
Comments ____________________________________________________________
Autism Overview
This class is designed to provide an overview of autism signs and symptoms and guidance on how to cope with the challenges of raising an autistic child. There is opportunity for discussion and a review of resources and how to get help and support.

Budgeting Basics
Learn about the basics of budgeting and how to better manage your money. This program discusses determining financial priorities, how to reduce expenses, recognizing debt trouble and strategies for saving.

Building Better Relationships Through Effective Communication
Good communication skills are essential in creating and maintaining productive relationships. We will discuss the barriers to effective communication and how to be a good communicator.

Coping With Change in Uncertain Times
Adapting to change can be difficult. This session will help you understand how change affects you, reduce stress associated with change and offer strategies to successfully adapt.

Creating a Positive Work Environment
What does a positive work environment look like and how can we achieve it? You will discover how teamwork, finding meaning in your work, accepting responsibility and humor can all lead to a more positive work environment.

Getting YOU Help
This workshop will help you to stop and look at how you’re doing, evaluate your emotional and physical well-being and assist you in getting the help you may need.

Letting Go of Worry and Anxiety
This seminar is designed to help participants cope with anxiety by understanding how it affects you, how to reduce it, and signs of anxiety disorders.

Lightening Your Life With Laughter
This informative and enjoyable workshop shares techniques that use humor and laughter for proven stress reduction. The seminar will discuss the power of positive thinking, the therapeutic benefits of humor and the practices of laughter therapy.
Managing Work and Life
This seminar provides strategies to successfully manage your work and personal responsibilities. We will discuss causes of work-life stress, assessing goals and priorities, and managing personal and professional responsibilities.

Overcoming Burnout
If you’re feeling overwhelmed by the pressures of everyday life, then this workshop will help bring your life back into balance. Learn to identify the symptoms of burnout and strategies for coping with and avoiding it.

Planning Your Financial Future
To prepare for your future you need to have financial resources to fall back while simultaneously building wealth. This seminar will discuss typical road blocks to saving, how to deal with them and the importance of investing.

Professional Writing & Email Etiquette
This program identifies the dos and don’ts of email, offers suggestions for writing emails in a way that captures the attention of the recipient and gives them all the pertinent information.

Relaxation Techniques to Reduce Stress
This workshop will teach relaxation exercises that reduce tension and stress. We will better understand stress and how it affects the body, learn the benefits of relaxation practices and introduce stress management techniques.

Retirement and Estate Planning
This seminar will provide you with strategies for creating a successful retirement and estate plan. The information will help you to assess your current financial situation, set retirement goals and provide helpful resources for investment.

Staying Strong and Resilient
How do you handle challenges, problems and hardships in your life? Participants will learn how to forge forward in spite of adversity, strategies for staying strong and resilient, maintaining a positive outlook and reducing stress.

Stress Management
This seminar covers common causes of stress, how to recognize your stress signals, and successful strategies for managing stress when it occurs.

Team Building
The ability to understand and communicate effectively in teams is an important part of success. We will explore how teams can work together effectively and learn to apply team concepts and strategies in practical ways.

Teleworking With Success
Working remotely offers both benefits and unique challenges. This session will offer communication strategies for staying connected and visible and teach self-management techniques to enhance efficiency, productivity and manage distractions.

Understanding Personality Types
This seminar discusses different personality types and how they can impact our behavior. Participants will learn to use type preference to enhance interpersonal communication.

Your Healthy Heart
In this seminar we will touch on the various terms and important factors you need to know to improve your heart health. We will also discuss the risk factors and measurements of a healthy heart as well as understand how to recognize heart attacks and strokes.
Best Practices for Working Remotely
This course will outline strategies for communication, productivity, and time management all within the context of working from your home environment. Discussions will include how to work around your children, how to manage distractions and how to cope with the unique emotional pressures of working away from the office.

How to Keep Your Child Healthy and Happy
The importance of protecting your children's health and wellbeing is especially crucial during a nationwide pandemic. In this course, you will learn how to handle the practical aspects of keeping your children healthy, physically and emotionally.

Increasing Mental Toughness
This seminar is about using challenging times as an opportunity to increase our mental toughness. We will discuss what it means to be mentally tough and we will also dive into the topic of grit.

Leading in Times of Crisis
Certain traits of an effective leader are especially crucial during times of crisis. This course offers practical strategies and tools to calm, inspire, and motivate those who look to you for guidance.

Staying Social During Social Distancing
It is easy to start to feel isolated or lonely during times of social distancing. This class will discuss the importance of maintaining a social life and the importance of social distancing, including practical ways to stay social while staying distant.

Talking to Your Child About Pandemics
Talking about pandemics to your children or about any challenging topic can be delicate. In today’s world, parents need to balance the message appropriately to deliver a message of safety while reassuring children that they can continue being children.

Tips for Parenting Virtual Learners
Learn strategies for parents to create a positive experience for children learning virtually at home.

Working With Children at Home
In today's world we are working from home more, while tending to our children's needs. This class will cover best practices for younger and older children to have routines and structure in this uncertain time. We will offer suggestions on how to be most productive while also trying to enjoy family time.
**Communicating During Times of Change**

Social media keeps us in the “know” every Nano-second. When current topics come up at work it can be an opportunity to share our views, however, we need a new set of tools to prepare us for engaging in conversations on these issues where others may have different opinions. This class will focus on how to look at our thought process and think before talk when controversial topics come up so that we can reply with tact while being respectful of others.

**How Safe Are You?**

This class covers basic steps we can take to be safer in our surroundings, including common sense best practices, options for making yourself safer and changes we can make to reduce the risk of becoming a victim.

**How to Boost Your Self-Confidence**

This seminar will outline why confidence is so important and how to continue feeling strong and empowered. We will have an interactive, engaging conversation that will help you feel more confident both at work and at home.

**Kindness**

This seminar will discuss the science of how kindness works, the components, teaching this to children and finally participants in this interactive class will be challenged to brainstorm ways that they can be kinder in today’s world.

**Managing Fear & Anxiety in Children**

In this session we will discuss important tactics to help children of all age groups deal with anxiety and fear and how our own fears and anxieties must be handled in order to provide proper support to children.

**Today’s Family: Challenges and Changes**

Regardless of your family structure, all families face the same challenges. Parenting is still one of the toughest jobs we have. This class looks at the history of families and offers some best practices for how to have a healthy family, including some fun things families can do together. This class is meant to be discussion-based.
Fostering Inclusion in the Workplace

Inclusive work environments are productive environments! This seminar discusses how employees and managers can create an inclusive workplace. Participants will learn to identify activities, attitudes and assumptions that exclude coworkers. Then they will explore ideas to include others in ways that enrich the office as well as their personal lives.

How to Be an Inclusive Leader

Today’s challenging times demand specific skillsets to ensure our workplaces allow all thoughts and actions to be voiced without fear. This class will outline best practices and give leaders a chance to self-assess where they are vs. where they should be.

Raising Children to Respect Diversity in Your Home

We all come in different shapes and sizes, and we have different backgrounds, beliefs and abilities depending, in part, on where we come from—adoptive families, single-parent households, blended families, families with stay-at-home fathers and same-sex households. The care and support family members offer to one another is essential to the developmental process and to adequate functioning of children in today’s society.

Unconscious Bias

Are we on top of our biases, or might we be harboring some prejudices that lie outside of our awareness? This program will define unconscious bias and give us a framework in which to understand it. With numerous discussion opportunities, participants will explore biases, examine the conflict that arises between one's natural inclination to categorize and the conscious drive towards diversity, look at how unconscious bias is measured and identify ways to overcome these biases.
Assertive Communication
This seminar will define assertive communication and discuss good vs. poor communication along with tips and obstacles. We will also review how to determine the purpose, focus and process of assertive communication.

Building a Team Brand
To get real change and to become a successful team, you need all team members’ knowledge, skills and abilities to come together.

Bullying and Violence in the Workplace
Workforce environments are experiencing increased bullying and violence, which deteriorates productivity. We will discuss the warning signs and strategies to cope with bullying in the workplace.

Business Etiquette
Business etiquette is a practical and profitable skill. This seminar provides strategies for building productive relationships, increasing workplace courtesy and addressing common etiquette challenges.

Call Center Stress Management
This seminar provides information to help you better understand call center stress and offers strategies to help you successfully manage it. We will review what causes stress, how to recognize stress signals and stress management and relaxation techniques.

Campus to Career: Transitioning into the Workplace
Making sure you stay motivated early on is a big key when it comes to transitioning into the workplace. Campus to Career is a perfect seminar for anyone learning to juggle and accommodate to the new lifestyle.

Career Development Strategies
This seminar discusses building a career development plan. Participants will learn to identify their true passions, incorporate them into a career action plan and strategies for implementation.

Career Transitions
This seminar looks at aspects of job changes, including emotions, self-evaluation, networking and resourcing opportunities. Participants will gain the tools to build a bright, satisfying future.
Collaborative Customer Service
The goals of this seminar are to understand the challenges of delivering great customer service. We will discuss stress management, action plans and evaluations.

Components for Great Communication
Great communication starts with you and this class will equip you with the tools and skills of being a great communicator. We will discuss the importance of first impressions, various communication styles as well as giving feedback.

Concentration
Ever driven to work but not remembered the trip? If so, you can benefit from this session. We will look at statistics and discuss the importance of concentration, and ways to improve it.

Coping With Job Changes/Loss
This program provides practical tips for adjusting to changes in the workplace and coping with job loss. Topics discussed include adjusting to changes in your job, stress management techniques, and career counseling and job searches.

Coping With a Serious Illness in the Workplace
This seminar is designed to assist those who are coping with the chronic or life-threatening illness of a coworker, friend or family member. We will discuss common responses, changes that can be expected, supportive resources and practical strategies to help.

Dealing With Challenging People
We all have different definitions of a “challenging person.” Regardless of the challenge, we have two choices: 1) learn how to effectively deal with the person, or 2) remove the possibility of interaction with them.

Dealing With Conflict in the Workplace
This seminar provides tips for managing and resolving conflict at work. Topics covered include understanding causes of conflict, improving communication skills and resolving conflict.

Dealing With the Elephant in the Room
In this communications development seminar we identify uncomfortable issues and realities you may face, and learn to confront them with tact, empathy and clarity.

Delegation
This seminar will define delegation, explore the barriers benefits and when to delegate.

Diversity in the Workplace
This seminar discusses strategies to prevent behaviors that interfere with the ability to work with people who are different. You will learn how perceptions, assumptions and biases develop and how they impact our responses.

Effective Presentation Skills
In this seminar we will discuss how to plan for presentations, build confidence, keep an audience engaged, use humor, manage adversity and learn about verbal and body language.

Emotional Intelligence
This seminar identifies the four components of emotional awareness and will cover how the range of emotions affect our relationships. This presentation will help you focus on target areas in order to improve relationships.

EQ: Making it Work for You
This class focuses on what emotions are and how understanding them can help make or break situations. This seminar dives into the world of emotional intelligence and is meant to follow the Emotional Intelligence class, although that’s not a prerequisite.

Ethics and Values
This seminar offers insight and tips to better understand moral principles and values and how they apply to business ethics. We will discuss knowing and doing what is right, skills of the ethical versus unethical employee and offer helpful resources.
Fostering Inclusion in the Workplace
In this seminar you will learn to identify activities, attitudes and assumptions that exclude co-workers. We will explore ways to include others that will enrich the office as well as personal lives.

Giving Constructive Feedback
The goal of this seminar is to teach participants how to give constructive feedback. We will learn an effective feedback model, review why it’s important and how to avoid value judgments.

Handling a Death in the Workplace
There are many ways people handle grief and death. In this session we will delve into handling awkward, uncomfortable interactions at work while acknowledging variable relationships between coworkers.

Health and Well-Being in the Workplace
Discover how to enhance your health, well-being, and productivity by relieving stress with simple relaxation techniques. Explore ergonomics, work-life balance, how to establish priorities and the importance of healthy eating and regular exercise.

Is Leadership in Your Next Step?
This seminar will provide key elements of leadership, along with tips and skills you can use to develop a leadership plan. We will look at defining leadership and executive presence and deciding if a leadership role is right for you.

Managing Work/Life: Nontraditional Hours
This seminar helps those who work nontraditional schedules manage the challenges of both work and personal responsibilities. We will address the challenges of shift work, managing your personal and work life and child and adult care options.

Maximizing Your Time
Time management and organizational skills are critical to successfully balancing work, life, and family. You will learn strategies and tips for organizing and managing that will make a critical difference in the quality of your work and life.

Mentoring
Explore your potential through peer mentoring. Peer to peer mentoring involves solution based conversation and discussion. The focus is on the individual. Conversations can be diverse from office policies and politics to work/life balance.

Motivation: Bringing Out the Best
We’ll explore the inspiring theories of motivation and how they help us in our work every day. The class is geared to employees, but can be oriented as an effective manager tool. This is a chance for all of us to examine what gets us going.

Networking for the Network Challenged
This session discusses why networking is the key to your career success. You will learn how to assess and expand your network, begin a structured networking plan and develop long-term relationships.

Non-verbal Communication
In this session you’ll learn to create trust and transparency in relationships by sending non-verbal signals. This seminar covers how to read other people and respond with non-verbal cues that demonstrate that you understand.

Non-verbal Communication: Part 2
This seminar will review body language at work, exploring the difference between the words someone says and the body language they use while saying those words and giving and receiving feedback.

Overcoming Procrastination
Want to overcome procrastination? This seminar discusses how we procrastinate, reasons for, and the impact of, procrastination and radical tips to overcome it.

Power of Persuasion: Influencing Others
We all need to talk people into, or out of, doing things. We will cover best practices, tips, examples and ways to be able to shift your style to the audience you’re addressing.
Professional Use of Texting
With technology at our fingertips we have to be very careful to use texting appropriately in the workplace. This seminar is designed to help participants use texting in a professional way.

Sexual Harassment
Covered in this seminar is the definition and history of sexual harassment as well as the different types that can occur. This complex topic will be broken down for employees to understand how important it is to create a respectful workplace.

Sexual Identity in the Workplace
The goal of this class is to present information and frame the issues around sexual identity in the workplace to work toward creating a good environment for all.

Strategies for Working Couples
This seminar discusses how to successfully manage family and work responsibilities. We will cover the advantages/challenges of dual-earner relationships, how to develop a work/life plan and strategies for combining career and work.

Stress Management for High Burnout Professions
This seminar gives managers tools to assess and address their and their employees’ needs in high-stress, high-trauma work environments. We will explore research, including the seven signs that correlate with burnout.

Surviving Mergers and Acquisitions
Participants will learn what to expect in the midst of organizational change and ways to navigate through the process. This seminar will review the phases of dealing with change, how to identify new opportunities, the importance of self-care and more.

The Art of Negotiation
This seminar will explain why we need to negotiate, characteristics of successful negotiators, do’s and don’ts of negotiation, how to flex communication styles and assertive communication.

The Positive Effects of Self-Esteem on Performance
This seminar will outline a way to rewire our brains to be more optimistic and increase self-confidence. We will also discuss ways to build self-esteem and how to control our negative thoughts.

The Science of Goal Setting
This seminar examines goal setting as a brain function. We will look at how the brain works and create an awareness of the mental process, making it easier for us to create new habits in relation to goal setting.

Unconscious Bias
This program will define unconscious bias, give us a framework in which to understand it, and identify ways to overcome these biases.

Understanding a Multigenerational Workforce
There are four diverse generations in today’s workplace. This program will help you communicate with all co-workers, regardless of age. We will identify generational differences, how to eliminate stereotypes and custom-fit your communication style.

Women’s Leadership
In this program we’ll explore the key attributes that women need to increase their confidence, their “promotability” and explore gender and the role it plays in the workplace.

Working With Millennials
During this seminar we will look at tips and tools for working with millennials. We will talk about misconceptions and discuss what contributions and traits millennials bring to the workplace.

Additional Topics
Contact your FOH Account Executive for detailed descriptions of any of the below topics:

- Managing Strong Emotions: Employees
- Planning the Late Stage of Your Career
- Sexual Harassment in CA
- Sexual Harassment in NY
- Understanding Colleagues with Autism
Change Management for Leaders
This seminar is designed to familiarize leaders with the elements of change and understand the importance of their role in the process. We will provide an overview of each element and define each as it relates to the leaders' role in change management.

Coaching for Peak Performance
Coaching is a skill that, if used effectively, unlocks the potential and maximizes the performance of employees. This seminar offers a managerial road map for helping employees overcome barriers or hurdles and improve performance.

Conflict Management for Managers
60-80% of all workplace conflicts comes from strained relationships between employees and managers. Learn the skill of resolving conflict in the most amicable way to benefit individual and team productivity.

Effective Meeting Management
This seminar teaches the skills required to conduct a successful meeting. We will address preparation and goal setting, creating an agenda, developing strong leadership/facilitator skills, overcoming obstacles, managing follow-ups and assessing outcomes.

Effective Presentation Skills for Leaders
Everyone can learn how to become a more powerful speaker. This class will take a look at some effective, proven orators and how the power of words empowers individuals to accomplish things they never thought possible.

Helping Others Deal With Stress in the Workplace
Stress in the workplace can be counterproductive. This program offers strategies for effectively managing stress, helping others deal with stress and both managerial and organizational strategies for dealing with stress.

Effective Interviewing Skills
In this seminar you will learn skills for conducting successful interviews and creating a systematic hiring process. We will review job descriptions, finding the right candidate, the interview process, laws and regulations and evaluating and comparing candidates.

Maintaining a Safe Work Environment
A safe work environment is created by defining unacceptable behavior and establishing consequences for such behavior. Workplaces are safer when employees know how to handle disruptive situations and effectively document incidents.
Managing Change
This seminar teaches managers to understand the impact of change on both the individual and the organization. It highlights the manager’s role, strengthening team commitment and maintaining productivity and growth during periods of upheaval.

Managing Stress for Managers
This seminar will equip managers with tools to identify stressors, the physical symptoms of stress and the bad habits that are present when stress goes unchecked. Managers will learn how to create a healthy lifestyle that ultimately benefits work and home.

Managing Strong Emotions: Managers
Preventing outbursts has become one of our most important tasks. Learn how to read your employees so you can keep strong emotions under control. Additionally, learning how to teach appropriate strategies will be outlined in this class.

Managing Teleworkers
This workshop addresses the unique challenges that managers of teleworkers face, reservations of allowing work from home arrangements, the realities of today’s workplace, the characteristics of tele-managers, potential benefits and good candidates.

Managing the Pregnant Employee
Managing the pregnant employee means balancing concerns of the employee, pregnancy and ADA laws and reasonable accommodations. We will discuss supporting your entire team through the transitions during maternity leave and her return.

Motivate & Energize Employees
This seminar will teach techniques to motivate employees and managers. Learn how motivation and recognition lead to increased productivity, including non-materialistic ways to make your employees feel valued.

Recognizing the Troubled Employee
In this seminar we will discuss the role that chronic stress, tragedy and trauma can play on someone. You will learn what to look for if someone’s in trouble and suggestions for how to help.

Substance Abuse for Managers
There are several aspects of substance abuse that managers need to understand in order to know how to deal with workplace issues, legally, sensitively and fairly. Often a manager is the gatekeeper for making sure that employees who need help get help.

Workplace Trauma for Managers
In this seminar you will learn about the different aspects of trauma, including traumatic stress, PTSD, grief and organizational trauma. The main focus in the class is to understand how trauma affects the workplace and learn best practices for leaders.

You’re Promoted! The New Manager
For participants who were recently promoted, we will discuss the importance of influencing and inspiring others. You will learn what it takes to be an effective manager along with when and how to delegate certain tasks.
Be Positive!
Today scientists understand how attitude can impact our behavior, experiences and relationships. In this program we will discuss our ability to benefit from the power of positive thinking by making changes in our thought process and perspective.

Benefitting from Ergonomics
This program examines the impact of poor ergonomics on both the worker and workplace. Participants will identify problems with an office station set up, discuss common factory issues and learn suggestions for properly setting up an office station.

Body Image
If your body image is something you find yourself struggling with then this seminar will guide you through tips and tools to overcome your issues and help you learn to love yourself for exactly who you are.

Breast Cancer Awareness
The purpose of this seminar is to educate and empower participants regarding breast cancer and is for informational purposes only. It is not intended to give medical advice, to diagnose or make treatment recommendations.

Building Self-Confidence
Self-confidence is a great personal resource that allows us to face any situation and ultimately reach our goals. We will discuss how to believe in oneself, overcome complacency and offer ideas on how to boost self-confidence.

Children’s Nutrition 101
In this session you will learn the basics of nutritional requirements for your growing children, tips for healthy eating, health risks of obesity in children, how to recognize when weight is a problem and how to build children’s self-esteem.

Compassion Fatigue
For many of us our day to day jobs are not only physically exhausting but mentally exhausting. This workshop will guide you through what compassion fatigue is and look at the signs and symptoms and real life strategies for your everyday lives.

Conquering Fear & Anxiety
In this class, we will learn how to talk through our thoughts to realize that our fears and anxieties are manageable and controllable.
Dealing With Mental Illness
Mental Illness can affect your life and those around it. Whether it is a friend or loved one dealing with mental illness, there are things you can do to help clear a path for a better living.

Dealing With Sleep Issues
Do you have difficulty sleeping? Check out this program where you’ll explore sleep disorders and their causes (circadian rhythms, insomnia and snoring/sleep apnea), discuss the benefits of sleep studies and examine sleep’s relationship to stress and the release of cortisol. Additionally, you’ll identify ways to address insomnia and leave with helpful resources.

Depression
Depression occurs in all genders, ages and backgrounds. It’s among the leading cause of disability worldwide and affects about 121 million people. We will review the causes, symptoms and impact of depression as well as ways to seek and receive help.

Eating for High Energy
This program offers tips for using food and natural resources to energize you, explores the benefits of healthy eating choices and identifies best foods. We will explore power snacks and calories, the benefits of exercise and offer great meal suggestions.

Eating Right on the Run and on a Budget
We all make excuses for eating junk or fast food. We’ll review strategies for quick, inexpensive meals that are good choices. Learn the basics of eating healthy within your financial means.

Emotional Eating
This seminar will define what emotional eating is and identify reasons behind it. We will explore eating behavior, examine the relationship between mood and cravings, identify the steps needed for improvement, best practices and resources.

Exercise
Can’t seem to find time to fit in exercise? This workshop looks at the benefits of fitness and exercise, strategies to incorporate exercise into your busy lifestyle and how to enjoy exercise.

Get Smart About Brain Health
Maintaining good brain health and memory fitness can make a big difference as we try to remember names and faces, recall important information or retain facts. You will learn to maintain a healthy brain and boost brain power.

Getting Organized
If you need help getting organized, this program is for you. We’ll explore the benefits of being organized, the downside of lax organization and your own organizational quotient.

Gratitude
Learn the science behind gratitude and how it can help to increase the meaningful relationships in all areas of your life. The newest research empowers individuals to incorporate gratitude both at work and home. This class will offer tips to help you do that.

Grief, Dying and Death
Losing someone close to us can be very confusing, as we don’t have a lot of experience with it. This is a session where people can share, explore and educate themselves on ways of coping.

Healthy Aging
The way our society looks at age has changed due to longer lifespans and conditions never experienced before. In this program we will discuss age as a state of mind and ways to plan ahead to make the transitions successful.

Healthy Kids
Healthy kids lead to healthy adults. We will discuss the research behind living a healthy life, practicing preventative health for kids and the impact this can have on their mind and body as they grow. The areas of discussion include nutrition, exercise, immunizations and sleep.

Healthy Meal Planning
Learn how to feed your family healthy foods on a budget, how to identify healthy foods and how to incorporate them into your meals. We will discuss portion control and instruct on how to read and understand food labels.
Helping Your Child Get Active
This seminar will provide many tips and strategies for helping you get your child on the right track to health. We will discuss the implications of an inactive lifestyle, benefits of an active lifestyle, tips on diet, meals, snacks and how to get your child moving.

Holiday Survival Guide
This session examines holiday stress and provides strategies for coping and managing emotions, time, relationships and finances. We will share ideas for organizing holiday tasks, managing holiday demands and look at the role of holiday traditions.

Juggling Act: The Five Bucket Principle
Are you struggling to find a balance? Learn practical strategies for an integrated approach to find balance in the five key areas of life: family/friends, work, giving back, finance and health.

Life in Today’s Uncertain Times
The uncertainty of today poses many challenges. We will look at the dynamics of this environment and provide tools for managing emotions, talking with coworkers about sensitive issues, taking care of ourselves and increasing resiliency.

Living a Healthy Life
Learn tips on how to maintain a healthy lifestyle by reducing stress, better managing responsibilities and getting proper nutrition and exercise. Discussed are: the benefits of a healthy lifestyle, healthy eating and exercise tips, recognizing and reducing stress, the importance of a good night’s sleep, and the power of positive thinking.

Loneliness
What is loneliness? Are you lonely? How can you overcome loneliness? Loneliness is something that can affect our overall health and well-being as well as our mental health. All your questions plus some very practical suggestions and tips for overcoming loneliness will be discussed during this seminar.

Men’s Health
This workshop will focus on disease specific to men and offer preventative steps to decrease risk and manage major health conditions. We will discuss the risk factors, routine screenings and how to find the right doctor.

Mental Health
Mental health problems are more common than we think. This class focuses on people who are in need of information on mental health and illness, including an overview of mental illness, stats, stigma, treatment and resources.

Mindful Meditation
In this session participants will explore what mindful meditation is and isn’t, identify the benefits, discuss data that supports mindful meditation and have an opportunity to experience it.

Navigate Life Transitions
Changes in our personal and professional lives often include major life transitions such as moving, marriage, birth of a child, death and divorce. We will review strategies to make these transitions easier.

Nutrition 101
In this seminar you will learn about food and nutritional requirements and the importance of eating for a healthy life. We will go over the benefits of good nutrition, components of a healthy meal and tips for healthy eating and meal planning.

Nutrition Navigator
Looking to better understand components like nutrition labels, blood sugar levels, and fiber? This seminar is a nutrition navigator that will help you plan healthy meals and introduce nutrition basics on your journey to a healthier you.

Reclaiming Your Health
Many people struggle to regain a healthy lifestyle after a life threatening disease, addiction, or a physical and/or mental disability. Overcome the “symptom management mode”, gain back energy and be productive.

Relationships
This workshop will discuss misconceptions of relationships, the meaning of fulfillment, the importance of communication and the real definition of happiness. We will review five key ingredients to a successful relationship and different types of relationships.
Relaxation
In this meditation workshop, we will use guided imagery and breathing to learn how it makes you even more productive during the day and sleep better at night.

Resiliency: Bounce Back Stronger
No matter what life throws at us, we can always learn tips and techniques to use daily to become more resilient. You will leave feeling empowered with the knowledge of what steps to take to become more resilient.

Sleep Basics
In this seminar you will learn the physical and mental benefits of a good night’s sleep, how to establish daily habits that promote sleep and ways to improve your sleep environment. We will discuss techniques for relaxation and dealing with insomnia.

Smoke Free!
This seminar will discuss the dangers of smoking and the benefits of stopping, what to expect when becoming a non-smoker, developing a personal action plan, helping you manage weight gain and other possible consequences of quitting.

Staying Focused During Times of Change
This class will explore the value of mindfulness and focus during times of change. We look at how the brain works, the importance of regulating emotions and steps and tools for improving focus.

Stick With It
What dreams and goals do you harbor that seem out of reach? In this program participants will learn tips and insights about making those dreams a reality. We will discuss using plans, identifying obstacles, their accompanying myths and more.

Suicide Prevention
In today's world, knowing the early warning signs of suicide is of critical importance. In a considerate manner, this seminar will explore the best ways to handle this topic.

The Path to Inner Peace
This workshop can show you the way to inner peace. We will examine how to let go of things that work counter, examine how one's past may help, how to come to acceptance and explore best practices for maintaining inner peace.

The Truth About Dieting
We will discuss why diets don't work and, more importantly, what does work. When to eat, what to eat, how much to eat and more will be covered in this seminar to leave you with a good idea of how to maintain a healthy weight the right way!

Women's Health
This workshop will focus on women's health issues. We will discuss the leading causes of death and disease in women, the risk factors and educate on how to prevent and manage major health conditions.

Workday Workouts
This program explores the benefits of exercise, the role of attitude and goals on success, the components of a well-rounded workout, eating well and workouts that can be done at work.

Additional Topics
Contact your FOH Account Executive for detailed descriptions of any of the below topics:
- Alcohol and Substance Abuse
- All You Need to Know about Cholesterol
- Cafeteria Shopping
- Diabetes
- Disrupting Negative Thoughts
- Forgiveness
- Healthy Tips for Business Travel
- HIPAA
- How to Speak to Your Physician
- Menopause 101
- Overeating vs Binge Eating
- Patient Safety
- Promote Family Health
- Stress Reduction Tool Kit
Adult Kids & Financial Independence
This seminar will provide helpful ideas for parents to empower their young adult children to move toward financial and emotional independence. We will explain the term “adultolescence” and offer tips to get them going, emotionally and financially.

Basic Banking & Banking Tips
Learn the different aspects of banking and their effect on managing your money. We will review the basic concepts of accounting, how to balance multiple accounts and understand the difference between mutual funds vs. CDs.

Building Good Credit
Your credit report and your credit score are incredibly important factors which influence how you borrow. This seminar will review each of these factors individually and how you can monitor and improve your credit records.

College Financial Planning
As college tuition skyrockets parents need to plan and save. This seminar will review savings and investment strategies and vehicles, college financial planning tips and options for financial aid.

Financial Boot Camp (3 hours)
This seminar provides knowledge and tools to relieve financial stress caused by uncertainty and confusion. Participants will leave with their own personal financial priorities to make smart decisions.

Holiday Budgeting
We may have our budget under control during the year, but at the holidays it can get blown out of control. You will learn how to rein in spending at the holidays and re-examine your expectations of the holidays to stay out of debt.

Home Buying: The Best Investment
This seminar explains the process of buying a home and the preparation necessary for such a major investment. We will cover terminology and share resources so you can make informed decisions.

Investment Basics
Understanding investment basics helps ensure your money will be there when you need it. The seminar will differentiate between saving and investing, identify the principles of investing and explain how to assess your financial health.

*Finance topics do not provide specific financial or investment advise.*
Living Off Your Paycheck
This seminar will go over goal setting and how your money beliefs can affect the way you save and spend. Other topics covered during this session include: how to reduce debt, the difference between “meat vs. gravy” and how to increase your wealth.

Managing Your Money in Tough Times
Financial times today have changed both the rules and how we need to react in order to survive tough financial situations and still come out on top. This seminar will teach you new ways of thinking and ways to implement new actions.

Mind Over Money
This seminar will help you understand why you spend, why you save and what money means to you. The “neuroscience of money” is explored and you will learn how to leverage your money value system to reach your financial goals.

Overcoming Debt
Carrying too much debt today can jeopardize your financial future. This seminar will address the difference between good debt and bad debt, the impact of interest charges, managing your spending habits and creating good saving habits.

Preventing Identity Theft
This seminar provides information on identity theft, including prevention and coping tips. We will discuss how it occurs, prevention, immediate steps for victims and helpful resources.

Social Security Retirement Income
Social security plays a big role in retirement planning. During this seminar you will learn strategies that will help you to maximize your benefits, the types of benefits and how to calculate them, as well as other important factors to consider.

Tax Tips: The Basics
This seminar will help you understand the secrets of reducing taxable income, how to break down the federal tax reporting system and remove the mystery of the tax return. You will learn to use deductions, exemptions and strategies to save tax dollars.

Teaching Children About Money
This seminar covers how to teach children about money by looking at our own money values and how we communicate about money. We will discuss setting goals, spending and saving strategies.

The Importance of Having a Will
You work hard and should make sure that your money and other assets end up where you want them to once you are gone. This seminar will help you understand the basic principles and important components of a will, in addition to alternative options.

Finance topics do not provide specific financial or investment advise.
Choosing Quality Child Care
Before you begin your search for child care you need this basic information. This seminar will assess your needs, help you explore your options, evaluate child care providers and go through the selection process.

Overview of the Adoption Process
This seminar will provide you with important information necessary to navigate the adoption process. We will review the types of adoption, adoption agencies, the home study, costs and legal issues and offer helpful resources.

The Benefits of Breastfeeding (web only)
This seminar will provide basic information and facts to help you make an educated decision about breastfeeding. We will discuss the benefits for both the mother and the baby, facts and myths and offer helpful resources.

Prenatal Planning: Upcoming Changes
This seminar will help you discover what you need to know to prepare for a new baby. We will discuss birthing options, health and wellness issues, financial planning, time management strategies and baby product and equipment safety.

Transitioning to Parenthood
A new baby brings excitement, challenges and lots of change. This seminar will help new and expectant parents set expectations and explore strategies to cope with the demands of parenthood.
Adolescents at Risk
Parents will learn about the factors that contribute to at-risk behavior in adolescents and discover hands-on parenting approaches for prevention. We will discuss proactive, positive parenting, coping tips and offer resources for further assistance.

Adult Kids & Financial Independence
This seminar will discuss historical changes and statistics, common emotions of parents and children and tips to get them going emotionally and financially.

Authoritative Parenting
This parenting style focuses on responsiveness and demands. It works very well helping parents keep in-tune with their children. We will discuss: communication techniques, appropriate discipline, and listening skills. Age group is best for children up to 12 years old.

Before- and After-School Care Programs
As parents you will learn how to carefully find, evaluate and select appropriate before-and after-school care for your children. We will review the types of programs, help you evaluate them and discuss enrichment and extracurricular activities.

Benefits of Breastfeeding (web only)
The decision to breastfeed your baby is a personal one. This seminar will provide basic information and facts to help you make an educated decision. We will discuss the benefits for both the mother and the baby, facts and myths and offer helpful resources.

Blended Families
This seminar will explore what the meaning of a blended family is and will touch on family values as well as the expectations of both the parent and the child/children. It will also discuss the benefits of being a part of a blended family.

Bullying: How to Protect Your Child
This seminar provides information on recognizing the signs of bullying and how to prevent or cope with it. We will cover types of bullying, talking with children, signs your child may be being bullied and what to do if you suspect your child is bullying others.

Child Safety: Infant to Preschool Years
This seminar will cover what you, as parents, need to know to keep infants and preschoolers safe. The program will review baby equipment and toys, child proofing the home, fire and poison prevention, water safety, and protection from abuse and abduction.
Children and Stress
Stress impacts children as young as seven years old. This workshop outlines the causes and signs of stress. We will discuss the techniques that will help children on an everyday basis.

Children’s Nutrition 101
You will learn the basics of nutritional requirements for your growing children, tips for healthy eating, health risks of obesity in children, how to recognize when weight is a problem and how to build children’s self-esteem.

Communicating and Resolving Conflict With Your Teen
This seminar will provide you with practical communication tips to improve your connection with your teen and for resolving conflicts. Effective communication makes time together more enjoyable, discipline effective and conflict resolution successful.

Communicating With Young Children
This class specifically covers how to communicate with young children. We will explore the importance of good communication, what to expect at various stages and what kinds of communication techniques work best with younger children.

Co-Parenting
For parents who are going through a separation or divorce it can create a completely new set of challenges. In this class participants will learn the challenges and strategies to co-parent successfully and learn how to focus on what is best for their children.

Dealing With Change: Families
Change is inevitable in life. This seminar will equip participants with the tools needed to navigate change successfully as a family.

Divorce and Separation: Effects on Kids
This seminar offers parents tips on how to help their children cope with a divorce or separation. You will learn how to explain separation/divorce to your child, the emotional impact it can have, various age groups, establishing custody agreements and more.

Effective Elementary Homework Habits
This seminar provides tips on how to promote effective study and homework habits. The session will go over the role of parents, helping your child with homework, tutoring options, working with your child’s teachers and encouraging learning outside of school.

Handling a Family Crisis
For those who may be going through a family crises or simply want to prepare, this class will cover managing expectations and guilt, coping with financial challenges and what to expect during transition times.

Healthy Kids
We will discuss the research behind living a healthy life, practicing preventative health for kids and the impact this can have on their mind and body as they grow. The areas of discussion include nutrition, exercise, immunizations and sleep.

Helping Children Cope With War & Terrorism
This seminar provides information on how children may react during times of war and incidents of terrorism and how parents can provide comfort and support.

How to Reduce Child Care Costs
This seminar will help you learn helpful tips for reducing child care costs. Among the topics discussed are: dependent care assistance plans, the child and dependent care credit, earned income credit, public subsidies and scholarships and money-saving tips.

Important Teen Health Issues
This candid seminar will help parents understand the physical changes of boys and girls during puberty and how to cope with these changes. We will discuss the importance of supporting your teen’s mental and physical health.

Internet Information for Parents
In this seminar we will review the language, identify concerns and risks, teach strategies to increase safety online, discuss instant messaging, texting, social networking and chat rooms and identify resources and monitoring software.
Is In-Home Child Care Right for You?
This seminar will help you decide if in-home care is right for your family. Among the topics discussed are working with an agency, screening and interviewing candidates, your responsibilities as an employer and managing your relationship with your caregiver.

Keeping Children Safe in an Uncertain World
Most parents realize the importance of discussing safety with their children, yet many don't know where to begin. Tips on protecting children from abduction, abuse and school violence are presented.

Navigating the Teen Years
This seminar will help parents of pre-teens and teens by helping you understand physical changes, how to communicate effectively, manage conflicts, deal with teen social issues and identify at-risk behaviors.

Parenting
This course details the trials and tribulations of parenting. Basic parenting philosophies are discussed as well as how they apply to real-life situations. Topics include discipline, eating, sleeping, academics and values.

Parenting Your Teen: Relationships
Adolescence is a time when peer relationships and teacher/work relationships grow in significance while parental and sibling relationships are routinely challenged. This program discusses relationships and discuss resolution techniques.

Parenting Your Teen: Success in School
Parents will learn which healthy habits are important to school success, how to help teens deal with teachers and academics, how to help teens get organized, deal with peer pressure and handle discipline.

Parenting Your Toddler
In this session parents will learn about effective parenting strategies and typical developmental milestones and transitions. We will cover positive parenting strategies, transitions, developing social skills, healthy habits, and learning at home.

Positive Parenting: School-Aged
This seminar provides basic parenting strategies for school-aged children. The session will cover healthy habits, effective communication, promoting positive academic performance, and transitions.

Preparing Your Child to Say NO to Drugs
Parents are the first line of defense when it comes to their children's use of tobacco, alcohol or drugs. In this seminar parents will learn what they need to know to educate their children on the risks of tobacco, alcohol and drugs and help their children say NO!

Raising Children in a Diverse World
This program covers helping children to be proud of their heritage, introducing children to other cultures, religions and races, answering tough questions, protecting them from discrimination and how to be a good role model.

Raising Children to Respect Diversity
In this session we will discuss how to educate children about people of different backgrounds, beliefs and abilities, family types and more. We review how the care and support family members offer to one another is essential to the development of children.

Raising Well-Balanced Children
This workshop will provide practical tips to help parents foster a healthy, positive foundation in their children. We will discuss self-esteem, emotional, physical and social issues, personal discipline, body image and gender differences and challenges.

Resiliency for Working Parents
Today's working parent needs to build resiliency in order to prevent burnout. This class will give you the tools to manage stress while maintaining a sense of work and family life balance.

Screen Guide
In today's digital world many parents are conflicted on when and how often to let children use their “screens”. We will discuss age limits, and help parents define for themselves and their families their limits. We will also recommend some of the apps/web sites that have been approved.
Single Parenting
Single parents who attend this seminar will learn tips, strategies and general information to help them survive and thrive. We will discuss spending quality time with children, establishing healthy communication skills, expression of emotions and more.

Summer Care and Camp Options
Identifying quality summer care for children requires information to discern the best option. This seminar will help you assess your summer care needs, review summer care costs and give an overview of summer options for children and teens.

Talking With Children About Violence
This seminar provides parents with information on keeping children safe from violence. The session will cover the prevalence of violence, talking to children about violence, safety strategies and preventive skills and recognizing reactions to violence.

The Sandwich Generation
Finding balance when juggling caregiving responsibilities for children and aging parents is an enormous challenge. In this session you will learn practical strategies and solutions to manage competing demands of caring for older adults while raising children.

Tips for Parents of Teen Drivers
In this seminar we will review statistics on teen driving, learn the major causes of accidents and how to prevent them. We will help parents understand the factors to determine driving readiness.

Too Much Gaming
In this program we will discuss the difference between playing games and having an addiction to games. Learn how to spot this disorder and treatment options so those affected are able to get the help they need.

Transitioning to Parenthood
A new baby brings excitement, challenges and lots of change. This seminar is for new and expectant parents to help set expectations and explore strategies to cope with the new demands of parenthood.

Working Parents: Achieve Balance
This seminar provides strategies that will help parents triumph in managing family and work responsibilities. The session will cover developing a work/life plan, improving organizational skills, finding quality time for loved ones, tips for on the job and more.
Caring for Your Child With Special Needs
This seminar is designed to assist you in navigating the resources available for children with special needs. We will discuss financial and legal challenges, testing and evaluation, understanding special education laws, support groups and more.

Your Older Child With Special Needs
This session will discuss caring for an older child or an adult with special needs, rights concerning education and employment, protecting and providing for your special needs child, legal and financial issues and effective parenting and family management.

Does Your Child Have a Learning Disability?
This session will discuss basic information about learning disabilities, common symptoms of a learning disability, testing and diagnosis, individualized education plans, educational resources and support groups and your legal rights.

Parenting a Child With ADD/ADHD
This seminar provides a general overview of ADD/ADHD, including testing and diagnosis. The session will also go over treatment options for ADD/ADHD as well as strategies for success.

Special Needs Financial Planning
Learn strategies and tips for creating a successful financial plan and preparing for the future by having financial resources in place and understanding resources available to you.

The Importance of Self-Care for Parents
This session covers basic wellness, time management, getting support from professionals and finding child care resources to give you needed time for rejuvenation.
Education

College Financial Planning
This seminar provides information to help you plan for the future and manage the cost of your child’s college education, including savings and investment strategies and vehicles, college financial planning tips and options for financial aid.

How to Choose the Right College
Choosing the best college may be one of the most important decisions your child makes. To make it easier, this seminar gives you, as a parent, the information you will need to help your child find, evaluate and choose the college that best fits his or her needs.

Navigating the College Financial Aid Process
This seminar helps parents understand college financial aid options. The session is designed to give you an overview of the financial aid system, financial aid forms, student aid application tips, and offer helpful resources.

Nontraditional School Options
This seminar provides information on nontraditional educational programs and options. We will discuss assessing your child’s academic needs, educational options, the admissions process and balancing school, work and life.

Preparing for and Applying to College
This seminar will cover critical information on preparing your child for college, including academic planning, the college search, the admissions process and how to make the right decision.

Preparing Your Child/Family for College
This seminar will help you prepare to make the transition to college a productive experience for the entire family. We will discuss how to balance independence and guidance, health and wellness, preparing for emotions, communication and new relationships.

Pursuing a Graduate Degree/CE Program
This session will help you choose the right graduate or continuing education program and guide you through the application and admissions processes. It will also offer useful information on financial planning and managing work-life responsibilities.

Teens & Success in School
Parents will learn which healthy habits are important to school success, how to help teens deal with teachers and academics, how to help teens get organized, the signs for when your teen is over or under involved, how to deal with peer pressure and discipline.
Daily Life

Coping With Deployment
This seminar provides tips on how to prepare for a loved one’s military deployment, as well as tips for coping while he or she is away. We will address how to talk to children about deployment, stay connected, cope with emotions and more.

Emergency Preparedness
This seminar is intended to help you prepare yourselves, your family and your home in case of an emergency. We will discuss how to identify potential disasters, create a supply kit, family emergency and evacuation plans, how to cope with the aftermath and more.

Green Tips for the Home
Learn the ecological and economic benefits of going green. This workshop provides concrete methods to make our homes greener, saving both money and the environment.

Home Improvement
Finding a competent and reliable contractor is the first step to a successful home improvement project. Learn how to find the right professionals, check references, keep records and handle unforeseen problems.

Navigate Life Transitions
Changes in our personal and professional lives often include major life transitions such as moving, marriage, birth of a child, death and divorce. We will review strategies to make these transitions easier.

Overview of Divorce Issues
This seminar provides helpful and practical information for those experiencing any stage of a divorce or separation.

Pet Care & Ownership
This seminar is designed to help participants find reliable and affordable pet care services and providers.

Planning Your Retirement Lifestyle
The session is designed to change the way you think about “traditional” retirement planning and help you discover and pursue your passion with our step-by-step guidelines.

Wedding Planning
This seminar provides tips and strategies to help plan an organized wedding, find the right vendors and more.
Alzheimer’s Disease or Dementia Care
The presentation will cover the signs, symptoms and stages of dementia and Alzheimer’s disease, day-to-day caregiving techniques, financial assistance and insurance and resources for caregivers.

Caregiving Legal/Financial Issues
This seminar will discuss locating and organizing important documents, executing or updating important legal documents (e.g., wills, trusts, advance directives, guardianships/conservatorships), finding an elder care attorney, and planning for your own future.

Caregiving Technology (web only)
Whether it’s a GPS shoe for tracking wandering parents with dementia, programmed caps for prescription bottles or touchscreen tablets for staying connected, caregiving technology is exploding. We’ll look at the latest technology for caregiving.

Caregiving: Are You Ready?
This seminar provides essential information, support and encouragement to caregivers of adult loved ones. It offers practical tips and advice on assessing your needs, discussing care arrangements and assisting with activities of daily living.

Caregiving: Family Meetings
Family meetings are an essential part of making certain that conflict is diminished among all of your family members. This seminar will cover preparing a family meeting, dividing responsibilities and factors that impact caregivers.

Caregiving: Putting YOU in the Equation
This seminar addresses the challenge of caregiving and offers guidance for achieving a healthy balance as you juggle multiple responsibilities. The session will help you better identify priorities, achieve objectives and offer ideas to help deal with stress.

Communicating With Older Loved Ones
This seminar discusses how to communicate with older adults about important decisions such as health, housing, finances and legal issues. We will go over starting the conversation, effective communication, dealing with denial and more.

Documents for Life
This seminar will guide you through the important discussions concerning your relatives health concerns, emotional issues, financial and legal issues, as well as housing options and support services at home and in their communities.
Exploring Senior Housing Alternatives
This seminar explores housing options and care facilities for older adults. You will learn to assess a loved one’s living situation and communicate about care options. The session will also explore different housing alternatives and evaluate the various facilities.

Home Design for the Older Adults
In this seminar you will learn how to assess your parent’s home, how it suits current lifestyle needs, and what it would take to adapt it to meet future needs. You will also learn tips for simple fixes to revitalize a home for increased independence.

Home Safety for Alzheimer’s Disease
In this seminar we’ll look at proactive steps to create a dementia friendly home that eases caregiver stress and promotes more positive outcomes. We will discuss dementia & age related changes and strategies for home safety.

Hospice Care
This seminar offers basic information about hospice programs and services. The presentation will discuss the hospice philosophy, location of care, hospice services, deciding if hospice is right for your loved one, and cost of care.

Long-Distance Caregiving
This seminar provides information on how to assess the needs of an older loved one who does not live nearby. We will discuss care options, how to determine if relocation is appropriate and how to discuss care options and critical issues with your loved one.

Overview of Medicare and Medicaid
This seminar provides a basic understanding of health insurance and government programs associated with adult care. We will give an overview of Medicare and Medicaid, explain eligibility for benefits and cover Medigap insurance.

Parenting Your Parents: Reversed Roles
The job of safety monitoring, health care, and legal/financial issues will leave you with a fair amount of stress and anxiety. You will learn tips on managing a healthy relationship between you and your aging parents.

Senior Care Management
This seminar provides information about Senior Care Management. We will review what a Senior Care Manager is, the services provided by SCM, fees for SCM services, and how to evaluate SCMs.

Senior Care Overview
This seminar provides information about the various adult care options available and will help you understand adult care, assess your loved one’s needs, communicate with loved ones about changing care needs and identify care options and resources.

Senior Driving Challenges (web only)
This webinar will review the three stages of senior driving: 1) driving safety 2) driving retirement 3) alternative transportation to keep them mobile, independent, and safe.

The Effects of the Aging Process
This seminar will provide an overview of both age and disease-related changes older adults might experience, the physical, behavioral, and emotional changes of aging and the various diseases that may occur.

The Sandwich Generation
Finding balance when juggling caregiving responsibilities for children and aging parents is an enormous challenge. In this session you will learn practical strategies and solutions to manage competing demands of caring for older adults while raising children.

Additional Topics
Contact your FOH Account Executive for detailed descriptions of any of the below topics:

- Caregiver Emergency Preparedness (web only)
- Caregiving: Tips for Living a Healthy Life
- Home Safety and Independence
- Long Term Care Insurance
- Preventing Elder Abuse
- Saying Goodbye: Life After Caregiving
- Transitioning from Hospital to Home (web only)
Flexible Program Format

- **Short Program**: a one-hour session
- **Half-Day Program**: choose between four hours of a themed event or four one-hour sessions
- **Full-Day Program**: six one-hour sessions

Easy to Follow Guidelines

- **Children ages six and up**. Programs tailored for school-age children.
- **Maximum 30 children per class**. Maintains optimal 1:7 adult-to-child ratio.
- **30-day advance registration**. Ensures room size and setup details prior to event date.

Our Take Your Child to Work Day programs are designed to empower children with information, skills and experiences to pilot their lives. Each themed program brings together engaging educational content, group participation, and a fun and creative activity. Plus, each program wraps-up with a discussion about what lessons the children learned while participating.

Book your event for Thursday, April 22nd, or any other day that suits you. **Contact your Account Manager to start planning now!**
Make this Day Memorable! Plan a Special Event for Your Employees’ Kids

Custom, age appropriate and interactive seminars for children in one hour, half day or full day formats. Presenters tailor seminars to the developmental abilities of participants on topics which will help them be happy and productive at home, school and future careers.

- **BFF – Best Friends Forever**  
  An exploration of the synergy and health of good friendships

- **It’s Not “All About Me”**  
  Perspective building event

- **Creating Your Path**  
  Exploring interests, making connections and building a future

- **Good Manners Will Get You Everywhere**  
  Business etiquette for children

- **Healthy Living for Kids**  
  How to make good nutrition, sleep and life choices

- **Kids and Money**  
  Financial literacy

- **Teaming Up**  
  How to work best as a team when time and resources are limited

- **Imagination Is More Important Than Knowledge**  
  An exploration of the importance of creativity in problem solving

- **Laugh It Off**  
  Stress management with humor

- **Leadership**  
  What is it and what does it take to be a good leader

- **Two Heads Are Better Than One**  
  Collaborative problem solving

- **What Am I Going to Be?**  
  Career preparation and exploration

- **Who Am I?**  
  Every child is more than gender, grades and peer assessment

- **Why Can’t We All Get Along?**  
  Dealing with difficult relationships and working together

- **If It’s to Be, It’s Up to Me**  
  Accountability and exploration of school and professional careers

- **Communication Sensations**  
  Activities will reveal communication and leadership strengths that each participant possesses and must develop
Here’s the population/presentation breakout:

1 – 999 = 1 presentation
1000 – 2500 = 2 presentations
2501 – 5000 = 4 presentations
5001 – 9999 = 6 presentations
10000 + = 8 presentations
For more information contact your FOH Account Executive