

# LifeWorks 2017 Communication Plan for Employees



**LifeWorks will feature exciting, new content in 2017, including videos and audio tips, infographics and articles, self-assessments and toolkits. Watch for regular communications from us to see what's coming! Here's a quick 2017 snapshot.**

## January

**Taking Charge of Your Life.** Featuring resources and tips to help you feel fully engaged in all areas of your life -- personal and professional, physical and emotional. Whether you're a Millennial, Gen Xer, or Baby Boomer, we'll help you unlock your potential.

## February

**Financial Check-up.** From tips on saving for an emergency to paying back your student loans or sticking to a budget, LifeWorks has resources and tools to help you get a handle on your money worries and build financial wellness.

## March

**Work and Career Boosters.** Learn how to improve your productivity and advance professionally. We're featuring tips for virtual and on-site workers, students, and managers, on effective communication, managing information overload, and how to be a star team player in a fast-paced, multigenerational workforce.

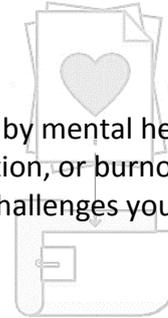
*LifeWorks*

## April

**Health and Well-Being.** Whether your goal is to quit smoking, lose weight, improve your sleep, practice smart ergonomics, eat a healthier diet, or adopt exercises like mindfulness to reduce stress, LifeWorks has resources to help you develop healthy habits.

## May

**Mental Health Support.** Millions of people are affected by mental health issues, whether it's a struggle with anxiety or depression, addiction, or burnout or stress. LifeWorks has resources to support you through whatever challenges you may be facing.



## June

**LifeWorks Can Help.** Did you know LifeWorks can talk you through a personal or work conflict and help you find solutions? Assist you in finding a therapist? Help you more effectively manage symptoms of stress, work with you to reach a financial goal, or prepare for retirement? We'll even help you look over the lease on your new apartment. Learn about all the ways that LifeWorks can help.

## July

**It Takes a Village.** LifeWorks is here to support you through all the stages of parenthood, from adjusting to a new baby to helping your school-age child adapt to change to managing the stresses of a growing family. We'll also help you through the empty nest stage.



## August

**Connecting and Communicating.** Relationship issues. Misunderstandings. Trouble communicating with your partner, a colleague, or friend. Take advantage of our resources this month to help you listen and communicate more effectively, and bridge gaps in your personal and professional life.

## September

**Adapting to Change.** We're featuring resources to help you keep pace with change and effectively manage stress during transitions -- whether you're applying to college, adjusting to a new job, going through a break-up or divorce, facing a big financial change, or you're missing your best friend who recently moved away.



## October

**Finding a Balance.** From family and friends to work and other commitments, LifeWorks can help you navigate competing priorities and responsibilities, and find a balance.

## November

**Caregiving.** Maybe you're a member of the sandwich generation and are caring for an aging parent. Or perhaps you're caring for a loved one at home with a serious illness or disability. LifeWorks has resources to help with all your caregiving needs, from finding services to handling the emotional toll of caring for a loved one to preparing for end-of-life issues.

## December

**Get Involved!** Studies show that the people most likely to succeed are those who give the most to others. We can help you get involved. From joining a committee at work to being a mentor to volunteering in your community, there are countless ways to get engaged and give of your time.

