


ADVICE TO FIT YOUR LIFE

ATTEND A FREE ONLINE SEMINAR

Register today and discover advice, tips and tools that can help you succeed at work and at home. Each of these 45-minute seminars covers topics that are relevant to the issues we face each day.

Visit [iLiveLifeWell.com](https://www.ilivelifewell.com) and click on Events to register.

 All times Central.

LIFEWORKS OVERVIEW

Overview of Helpful LifeWorks Resources

March 20 – 11:00 a.m.
June 26 – 2:00 p.m.
September 24 – 1:00 p.m.
November 14 – 12:00 p.m.

WORKPLACE STRATEGIES

Conquering Clutter (30 minutes)

February 28 – 12:00 p.m.
May 1 – 1:00 p.m.
October 23 – 2:00 p.m.

Navigating Workplace Change

March 14 – 12:00 p.m.

Building Trust at Work and in your Personal Life

April 11 – 2:00 p.m.

Effective Time Management

May 10 – 2:00 p.m.

Emotional Intelligence in the Workplace

May 30 – 11:00 a.m.

Planning your Lifestyle as a Retiree

August 8 – 12:00 p.m.

COMMUNICATION SKILLS

Communication: The Art of Receiving Feedback

March 6 – 11:00 a.m.

Communication: The Art of Listening

July 18 – 2:00 p.m.

How to be a Strong and Confident Communicator

July 25 – 11:00 a.m.

MINDFULNESS & MEDITATION

Mindfulness: Being Present in the Moment

March 8 – 1:00 p.m.

Meditation Session

March 22 – 11:00 a.m.
June 21 – 2:00 p.m.
September 27 – 12:00 p.m.
November 22 – 1:00 p.m.

RELATIONSHIPS & FAMILY

Talking with your Aging Parents about their Future (Eldercare)

May 16 – 12:00 p.m.

Positive Parenting

August 12 – 11:00 a.m.

Addiction: How to Help Someone you Love

November 21 – 12:00 p.m.

Learning to Forgive (30 minutes)

December 12 – 12:00 p.m.

PERSONAL WELL-BEING

Personal Budgeting

February 13 – 12:00 p.m.

Recharge

April 19 – 12:00 p.m.

Simplify Your Life

June 14 – 12:00 p.m.

Managing Stress: The Road to Resiliency

September 20 – 1:00 p.m.

Worry Less, Enjoy Life More (30 minutes)

October 17 – 2:00 p.m.

Relax the Body, Calm the Mind

October 25 – 12:00 p.m.

FOR MANAGERS

Resolving Conflicts with your Employees

June 20 – 1:00 p.m.

Managing Remote Workers

September 12 – 1:00 p.m.

Managing Resistance to Change

November 7 – 12:00 p.m.

Manager Open Discussion Forums

February 21 – 12:00 p.m. (Giving Feedback)
April 25 – 2:00 p.m. (Anger and Rebuilding Trust)
August 22 – 11:00 a.m. (Employees with Personal Concerns)
October 10 – 2:00 p.m. (Employees with Personal Concerns)



LIFEWORKS EMPLOYEE ASSISTANCE PROGRAM

ADVICE ANYTIME, ANYWHERE

ONE-ON-ONE CONSULTATION

LifeWorks professional consultants are available anytime to listen, provide guidance and connect you to helpful services and support.

Your LifeWorks consultant will guide you to the support and services that are right for you and may include:

- Up to six in-person sessions with a counselor, near work or home
- Legal guidance and support, including discounts for legal services
- Financial consultations, customized research and referrals
- Specialty consultations for elder care, parenting and childcare
- Practical tips, online tools, articles, recordings and educational resources

CONTACT LIFEWORKS

Call (800) 626-0738 anytime or visit abbott.lifeworks.com (Username: abbot; Password: 1020) to learn more. All U.S. Abbott employees and retirees, and their dependents and household members, can take advantage of LifeWorks at no cost.



GET THE LIFEWORKS APP!

Go to your app store and search LifeWorks to download. You can use the same username and password as abbott.lifeworks.com (Username: abbot; Password: 1020). Find hundreds of articles, toolkits, self-assessments, podcasts, calculators and more!

SUPPORT FOR MANAGERS

Helping employees thrive in the workplace has a lot to do with the little things that happen each day that affect overall team morale and performance – and getting support is a good way to empower yourself and your team to be successful.

Here are some resources to help managers:

- **Manager Open Discussion Forums:** Discuss concerns, obtain ideas and problem solve on the following topics with LifeWorks. A short presentation will be followed by a Q&A and discussion session. Register at iLiveLifeWell.com > Events > Seminars > For Managers. All times Central.
 - February 21, 12:00 p.m. (Giving Feedback)
 - April 25, 2:00 p.m. (Anger and Rebuilding Trust)
 - August 22, 11:00 a.m. (Employees with Personal Concerns)
 - October 10, 2:00 p.m. (Employees with Personal Concerns)
- **LifeWorks Manager Consultations:** LifeWorks Manager Service Consultants are available to confidentially consult with Abbott managers and supervisors regarding specific employee or team concerns. Call LifeWorks at 800-626-0738 to schedule an appointment.
- **Online Resources:** Managers also can access a variety of resources under the “For Managers” section of abbott.lifeworks.com (Username: abbot; Password: 1020) such as the “Manager Toolkit.”

