



LifeCare®
Caring today for a better tomorrow®

2010 EMPLOYEE SEMINARS



**Child Care ■ Parenting ■ Special Needs ■ Prenatal ■ Adoption
Health & Wellness ■ Education ■ Adult Care ■ Daily Life ■ Finance
Personal and Professional Development ■ Professional Development
for Managers**

Call your LifeCare Account Manager or Education Coordinator to schedule 2010 seminars!



Dear Colleague,

LifeCare now offers more than 100 engaging seminars and this year we've added seven new topics to stay current with the work/life issues you and your employees are facing today. Each seminar:

- Is developed by subject matter experts
- Offers a creative and compelling learning experience
- Is facilitated by an experienced trainer
- Includes practical advice and strategies to assist with today's most prevalent work/life and professional development issues

We continue to offer program flexibility:

- Seminars can be presented in a variety of formats—on-site, online (live), or via telephone
- Our flexible scheduling adapts to your allotted timeslot—one hour, half day, full day and even seminar series options are available
- All seminars are available nationwide

Please take a few moments to review the Seminar Catalog. Choose from the seminar topics to create an education program that will resonate with your employee population. Hint: some of our most popular recent additions:

- Call Center Stress Management
- Raising Well-balanced Children
- Green Tips for the Home
- Long-Term Care Insurance
- Resiliency Part 2

The Client Education Services Group is standing by to help you plan and execute your 2010 employee education program. Contact us today at seminars@lifecare.com.

Best regards,

Janet

Janet Beers

Manager

Client Education Services Group

seminars@lifecare.com

2010 Employee Seminars

Managing Your Money With Jean Chatzky Seminars

How to Improve Your Credit Score	5
How to Protect Your Financial Life: Insurance and Estate-Planning	5
Recession-Proof Your Finances.....	5
Jean Chatzky's Debt Diet: Overcoming Debt Addiction	5
Save \$5000 This Year: How to Set a Savings Goal and Achieve It	5
Financial Advice for First-Time Home Buyers	5
Your Money—Your Marriage: His, Hers and Ours	5
Moving Your Adult Kids to Financial Independence	5
College vs. Retirement	5
Midlife Money Check-Up	5
Raise Financially Savvy Children	6
Secrets of Successful Investors	6
Make Money, Not Excuses: How To Overcome Excuses that Stop You from Managing Your Money	6
Caring Financially for Your Older Parents	6

Finance

Budgeting Basics	7
The Basics of Investment	7
The Psychology of Money	7
Retirement and Estate Planning.....	7

Personal & Professional Development

Introduction to LifeCare	7
Business Etiquette	7
Networking for the Network Challenged	8
Diversity in the Workplace	8
Understanding and Communicating with a Multigenerational Workforce	8
Building Better Relationships through Effective Communication	8
Call Center Stress Management NEW for 2010!	8
Emotional Intelligence to Improve Relationships.....	8
Coping with Serious Illness in the Workplace	9
Planning, Prioritizing and Organizing Your Time	9
Overcoming Procrastination	9
Managing Work and Life.....	9
Dual-Career Relationships—Strategies for Couples Who Work.....	9

The Positive Effects of Self Esteem on Performance	9
Managing Work and Life While Working Nontraditional Hours	9
Dealing with Conflict in the Workplace.....	10
Coping with Change in Uncertain Times	10
Coping with Job Changes/Loss	10
Resiliency: Getting Back Up!	10
Resiliency Part 2: How to Keep Going! NEW for 2010!	10
Telecommuting with Success	10
Professional Development for Managers	
Effective Meeting Management	10
Coaching for Peak Performance	11
Managing Change	11
Managing Stress in the Workplace: Helping Others Deal with Stress	11
Health & Wellness	
Living a Healthy Life	11
Get Smart About Brain Health NEW for 2010!	11
Stress Management with Humor	11
Happiness: How to be Happy in Life	12
Nutrition 101	12
Children’s Nutrition 101	12
Exercise 101	12
Staying Healthy “On the Road”	12
Stress Management.....	12
Releasing Stress through Relaxation	12
Letting Go of Worry and Anxiety.....	13
Overcoming Procrastination	13
Conquering Holiday Stress.....	13
Child Care & Parenting	
Transitioning to Parenthood	13
Raising Well Balanced Children NEW for 2010!	13
Choosing Quality Child Care for your Child	13
Before- and After-School Care	13
In-Home Child Care	14
Summer Care Options	14
Reducing Child Care Costs	14
Children’s Nutrition 101	14

Child Safety: Infant to Preschool Years.....	14
Parenting Your Toddler/Preschooler	14
Positive Parenting during the School-Aged Years	15
Bullying: How to Protect Your Child	15
Encouraging Effective Homework and Study Habits	15
Keeping Children Safe in an Uncertain World.....	15
Talking With Children about Violence: Keeping Them Safe	15
Talking to Your Kids about Drugs and Alcohol	15
Helping Children Cope with War and Terrorism	16
Parenting Your Teen	16
Communicating and Resolving Conflict with Your Teen	16
Adolescents at Risk.....	16
Working Parents: How to Achieve Balance.....	16
The Sandwich Generation	16
Divorce and Separation: The Effect on Children	17
Internet Safety for Parents	17
Single Parenting	17
Successful Stepfamilies	17
Raising Children in a Diverse World	17
Special Needs	
Does Your Child Have a Learning Disability?	17
Caring for Your Special Needs Child	18
Caring for Your Special Needs Older Child/Adult Dependent	18
Parenting a Child with ADD/ADHD	18
Prenatal & Adoption	
Prenatal Planning: Preparing for Upcoming Changes.....	18
Overview of the Adoption Process	18
Adult Care	
Adult Care Overview	18
Saying Goodbye: Life after Caregiving NEW for 2010!	19
Long Term Care Insurance: Everything You Need to Know NEW for 2010!	19
Caregiving: Are You Ready?	19
The Sandwich Generation	19
Communicating With Your Older Loved One.....	19
Long-Distance Caregiving	20

The Effects of the Aging Process20

Professional Care Management20

Legal/Financial Issues Involved With Caring for an Older Loved One.....20

Exploring Housing Alternatives for Older Adults.....20

Overview of Medicare and Medicaid20

Caring for a Loved One with Alzheimer’s Disease21

Hospice Care21

Preventing Elder Abuse21

Education

How to Choose the Right College or University21

Preparing for and Applying to College.....21

Navigating the College Financial Aid Process.....21

College Financial Planning22

Nontraditional School Options22

Pursuing a Graduate Degree or a Continuing Education Program.....22

Daily Life

Preventing Identity Theft22

Planning Your Retirement Lifestyle22

Home Improvement22

Green Tips for the Home **NEW for 2010!**22

Emergency Preparedness23

Overview of Divorce Issues23

Military Homecomings23

Coping with Deployment23

Wedding Planning23

Pet Care23

Tips for Successful Seminars

The LifeCare seminars are developed to be interactive and informative. For optimal results we recommend:

- A class size of anywhere from 5-35 participants with a maximum of 50.
- Events with 50 attendees or more that may require a keynote speaker and/or company specific programming may have special presentation requirements. An additional fee may be required.
- Planning for your audience is essential for success, please contact your Client Education Services Coordinator or your Account Manager to provide details.

In order to best meet your needs and to prepare appropriately, we ask that you schedule a session four weeks in advance of the seminar date. However, should you have an urgent request, we will do our best to accommodate your needs.

LifeCare's *Managing Your Money* Seminar Series

from Financial Expert Jean Chatzky



In these challenging economic times, employees need practical, expert advice on budgeting, debt and other financial issues.

Jean Chatzky's *Managing Your Money* series features budgeting tips, savings tactics, and wealth strategies that really work. While the series is most effectively offered in its entirety, you can choose single seminars or any combination of the following:

- **How To Improve Your Credit.** Your credit score is integral to your financial success—it can affect the interest rates you receive when you borrow money, your health insurance premiums and even your employment. We'll teach you what your magic number means and how you can improve it.
- **How To Protect Your Financial Life: Insurance and Estate-Planning.** Wills, estate plans and insurance policies are all designed to protect against the unexpected. We'll show you what you need to do in order to shelter the financial life you've worked so hard to build.
- **Recession Proof Your Finances.** Keeping control of your finances is challenging no matter what the circumstances, but managing your money during a recession requires even more careful planning. We'll give you five key ways to recession proof your finances.
- **Jean Chatzky's Debt Diet: Overcoming Debt Addiction.** The Debt Diet will help you adopt new healthy spending habits and make the changes necessary in your life to preserve your finances and secure your future, as well as your relationships.
- **Save \$5000 This Year: How To Set a Savings Goal and Achieve It.** The savings rate of Americans has fallen to an all time low, economists say, but you can avoid becoming a statistic. The key to better managing your money and possibly saving \$5000 in a year is to make it automatic! We will show you how.
- **Financial Advice for First-Time Home Buyers.** Purchasing a home is one of the most expensive and important decisions you'll ever make. If you're ready to take the leap, here are five steps to help you through the process.
- **Your Money—Your Marriage: His, Hers and Ours.** Avoid those dreaded arguments over money by setting up a three-pot financial system. You will learn how and what to keep in your own account and why it is smart to set up a house account for shared expenses and bills.
- **Moving Your Adult Kids to Financial Independence.** Once college commences, your job as a parent is supposed to be pretty much done. But boomerang kids are now so common that social scientists have dubbed the phenomenon "adulthoodescence," a period following college that can last five or more years. Here's how to give your kids the push they need.
- **College vs. Retirement.** You can always take out loans to help foot the bill for your children's college educations, but there isn't any financial aid when it comes to retirement. Saving for your own future should be your first goal. Learn how you can juggle both.
- **Midlife Money Check-Up.** When you hit 45 or 50, it's wise to do a thorough examination of your finances and see where you stand. Learn if you are saving enough – or even too much – or if you need to up your insurance coverage.

- **Raise Financially Savvy Children.** You might not realize it, but your children are observing every move you make, including those involving your money. Here's how to set a good example and prepare them for a rich financial future.
- **Secrets of Successful Investors.** There's a lot about the stock market that you can't control, but that doesn't mean good investment decisions stem from luck. Successful investors all have one thing in common: We will show you how to keep your emotions out of the market.
- **Make Money, Not Excuses.** The reason we aren't richer—and why you aren't as rich as you'd like to be—is that you can't get out of your own way. Learn about the roadblocks and excuses that block your path to wealth. Here's how to take them down.
- **Caring Financially for Your Older Parents:** The more you know now about your parents' financial situation, the better you'll be able to help them age gracefully into the future. Here are some tactics and strategies that may help you get your parents to open up about their finances.

All topics are available on-demand on our website.

Finance

Budgeting Basics

Help your employees learn about the basics of budgeting and how to better manage their money. This program is designed to provide an overview of basic strategies and vehicles only. It does not provide specific financial or investment advice.

- Determining Financial Priorities
- Understanding the Basics of Budgeting
- Reducing Expenses
- Recognizing Debt Trouble
- Saving Strategies

The Basics of Investment

This 101 basic course in investments will define terms like: mutual funds, bonds, Roth IRA, IRA as well as explain the different types of investments to your employees. Questions will be presented for their consideration of personal investment goals and strategies such as: Is the stock market for you? Learn what your financial investing goals are? And maybe should be? It does not provide specific financial or investment advice.

- Define Terms
- Explain the Different Types of Investments
- Review the Different Types of Investors
- Develop Goals

The Psychology of Money

This seminar helps employees understand why they spend, why they save, and what money means to them. The “neuroscience of money” is explored and participants learn how to leverage their money value system to reach their financial goals. Questions that will be explored include:

- How Do I Determine My Money Belief System?
- What does Money Mean to my Loved Ones?
- Is Money Hurting or Helping Me Reach My Goals?

Retirement and Estate Planning

This seminar provides employees with strategies and tips on creating a successful retirement and estate plan.

- Assessing Your Current Financial Situation
- Setting Retirement Goals
- Sources of Retirement Income
- Investment Basics
- Estate Planning Basics: Wills, Trusts, Advance Directives
- Helpful Resources

Personal & Professional Development

Introduction to LifeCare

Introduce employees at your company to the services and benefits of LifeCare.

- Overview of Services
- How to Access LifeCare
- Referrals and Educational Materials

Business Etiquette

Business etiquette is a practical and profitable social skill that plays an important role in career success, building better relationships and increasing professionalism. With workplace civility, employees thrive in a positive environment where all are treated with courtesy and respect and are able to focus on their work. This seminar provides valuable guidance on business etiquette in the workplace.

- Understand Why Etiquette Matters
- Strategies for Building Productive Relationships and Increasing Workplace Courtesy
- Common Etiquette Challenges in the Workplace
- Best Practices and Resources

Networking for the Network Challenged

During this session your employees will learn why networking is key to their career success, and how to make networking a stress-free, fear-free, career-boosting process. Participants will learn how to assess and expand their network, how to begin a structured networking plan, and how to use networking to develop long term relationships with others.

- Understand Your Current Communication and Networking Style
- Build Networking Skills
- Identify Your Organization's Informal Network
- Move Out of Your Comfort Zone to Approach and Engage the People You Want, and Need, to Know

Diversity in the Workplace

This seminar offers employees an awareness and understanding of the importance of diversity in the workplace and some strategies to prevent behaviors that are a barrier to valuing diversity.

- Understand Why Diversity Awareness in the Workplace is Important
- Learn How Perceptions, Assumptions and Bias Develop and How They Impact Our Responses
- Understand How Stereotypes, Prejudice, and Other "isms" Interfere With Our Understanding of and Ability to Work With People Who Are Different
- Explore Strategies to Prevent Behaviors that are a Barrier to Valuing Diversity in the Workplace

Understanding and Communicating with a Multigenerational Workforce

There are four diverse generations working side-by-side in today's workplace, each with its own viewpoint, values and style. This program will help your employees communicate with all coworkers, regardless of age.

- Identify Generational Differences
- Eliminate Old Stereotypes
- Learn How to Custom-Fit Your Communication Style to Meet the Challenges of Generational Differences

Building Better Relationships through Effective Communication

Good communication skills are essential to employees in creating and maintaining effective and productive relationships. This seminar provides participants with the communications skills needed to facilitate successful working relationships.

- The Importance of Effective Communication
- Identifying Barriers to Effective Communication
- How to be a Good Communicator
- Active Listening Skills
- Conflict Resolution
- Assertive Communication Techniques

Call Center Stress Management **NEW for 2010!**

This program provides information to help your employees better understand call center stress and offers strategies to help them successfully manage it.

- Define Stress
- Examine Causes of Stress
- Learn how to Recognize your Stress Signals
- Understand Specific Call Center Stressors
- Learn Stress Management Techniques
- Discover Mind/Body Relaxation Techniques

Emotional Intelligence to Improve Relationships

This seminar (based upon Daniel Goleman's work) identifies the 4 components of emotional awareness. It will help identify the range of emotions and how they affect both work and home relationships.

- Define the 4 Major Aspects of Emotional Intelligence
- Discuss the Applications in the Business Setting
- Discuss the Applications in your Personal Relationships
- Focus on your Target Areas

Coping with Serious Illness in the Workplace

This seminar is designed to assist an employee who is coping with the chronic or life-threatening illness of a coworker, friend, or family member.

- Common Responses to a Diagnosis of a Serious Illness
- Impact on Co-Workers, Friends and Family
- Changes that Can Be Expected When a Co-Worker Is Living or Caring for a Family Member with a Serious Illness
- Supportive Resources
- Practical Strategies to Help

Planning, Prioritizing and Organizing Your Time

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

- Planning, Prioritizing and Organizing Your Time
- Goal Setting
- Helpful Resources

Overcoming Procrastination

Help your employees overcome procrastination and become more motivated and productive. This program covers common reasons for procrastination and offers advice for overcoming it.

- How We Procrastinate
- Reasons for and the Impact of Procrastination
- Practical Tips on Overcoming Procrastination

Managing Work and Life

This program provides your employees with strategies to successfully manage their work and personal responsibilities.

- Causes of Work/Life Stress
- Assessing Goals and Priorities
- Managing Personal/Family Responsibilities
- Managing Responsibilities on the Job

Dual-Career Relationships—Strategies for Couples Who Work

Working couples need to juggle family obligations and share the responsibilities of homecare and child care. This seminar offers suggestions to employees on managing child care, other family responsibilities and work obligations.

- Advantages and Challenges of Dual-Earner Relationships
- Developing a Work/Life Plan
- Strategies for Combining Career and Work
- Developing Relationships
- Time and Stress Management Tips

The Positive Effects of Self Esteem on Performance

New research is showing the power of the mind is even stronger than once thought—once we believe we can, we do! This seminar will outline the way to rewire our brains to be more of an optimist and believe in ourselves.

- Discuss the Business Applications of Positive Thinking
- Rewire our Brains to be More of an Optimist
- Build Self Esteem
- Control Negative Thoughts

Managing Work and Life While Working Nontraditional Hours

Are your employees working nontraditional hours? This seminar helps employees who work nontraditional schedules manage the challenges of balancing both work and personal responsibilities.

- Recognizing the Challenges of Shift Work
- Managing Your Personal and Work Life
- Child Care and Adult Care Options

Dealing With Conflict in the Workplace

Conflict resolution is a hot term in business today because there is a real need. This seminar provides tips for managing and resolving conflict at work.

- Understanding Causes of Conflict
- Improving Communication Skills
- Resolving Conflict
- Warning Signs of Violence

Coping With Change in Uncertain Times

The world as we know it is changing and adapting can be difficult. This seminar can help employees understand and cope with change.

- Understand Change and How it Affects You
- Reduce the Stress Associated with Change
- Strategies to Successfully Adapt to Change

Coping With Job Changes/Loss

For companies who are downsizing, this program provides practical tips for employees adjusting to changes in the workplace and coping with job loss.

- Adjusting to Changes in Your Job
- Communicating With Your Family
- Stress Management Techniques
- Career Counseling and Job Searches
- Helpful Resources

Resiliency: Getting Back Up!

We all face difficult times in our careers and in our personal lives at one time or another; the challenge is how to get back up and into the game. Participants will learn the most important skill today—how to forge forward in spite of adversity!

- Step By Step Action Plan to Build a Resilient Mindset
- Strategies to Get You Recharged and Find Motivation During Difficult Times
- Tools to Develop Positive Beliefs, Attitudes and Behaviors for Increased Resiliency and Life Satisfaction

Resiliency Part 2: How to Keep Going! NEW for 2010!

Participants will identify their biggest challenges—the events or issues in their life that are keeping them down and learn best practices to overcoming those hurdles. Some common topics include:

- Handling Negative People
- Weight and Illness Challenges
- Financial Dilemmas
- Parenting Strong Willed Children

Telecommuting with Success

Working remotely offers both benefits and unique challenges. Participants will learn key skills to help them succeed in this growing work environment.

- Managing Common Challenges for Remote Workers
- Communication Strategies for Staying Connected and Visible
- Self Management Techniques to Enhance Efficiency and Productivity
- Managing Distractions, Interruptions and Controlling Work Hours

Professional Development for Managers

Effective Meeting Management

Don't waste company time! This seminar teaches employees the basic skills required to plan, prepare for and execute a successful meeting.

- Preparing and Goal Setting
- Creating an Effective Agenda
- Developing Strong Leadership/Facilitator Skills
- Overcoming Obstacles
- Managing Follow-Up Issues
- Assessing Outcomes

Coaching for Peak Performance

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

- Coaching vs. the Traditional Management Approach
- The Qualities, Characteristics and Skills of an Effective Coach
- The Eight Steps of the Coaching Process
- Measuring Coaching Success

Managing Change

This program provides managers with a conceptual background for understanding the impact of change on both the individual and the organization. It highlights the manager's role in helping the team deal with natural resistance, strengthen team commitment, and maintain productivity and growth during periods of upheaval.

- Barriers to Change
- Keys to a Successful Transition
- Getting Staff on Board and Getting "Buy-in"
- Recognizing Stress Signals Associated With Changes at Work

Managing Stress in the Workplace: Helping Others Deal with Stress

Stress in the workplace can be counterproductive. What is stress and how can it be effectively managed? This program offers strategies for effectively managing stress and helping others deal with stress in the workplace.

- Definition of Stress
- Nature of Stress
- Managerial Strategies for Dealing with Stress
- Organizational Strategies for Dealing with Stress

Health & Wellness

Living a Healthy Life

This seminar provides tips on how to maintain a healthy lifestyle by reducing stress, better managing responsibilities and getting proper nutrition and exercise.

- The Benefits of a Healthy Lifestyle
- Healthy Eating and Exercise Tips
- Recognizing and Reducing Stress
- The Importance of a Good Night's Sleep
- The Power of Positive Thinking

Get Smart About Brain Health: **NEW for 2010!**

10 Steps to Taking Better Care of Your Memory and Your Mind

Busy parents, executives, students – every one forgets! Maintaining good brain health and memory fitness can make a huge difference to our well-being as we try to remember names and faces and recall important information or retain facts for work. Lifestyle factors influence our brain health. Learn ways to maintain a healthy brain and boost brain power.

- Brain Health Matters to our Daily Function
- Brain Health Matters to Successful Aging
- Maintaining Brain Healthy Habits can be Challenging
- 10 Steps to Enhancing Brain Health
- Brain Health Resources

Stress Management with Humor

Look at life in a way that takes some of the stress out of it. This informative and enjoyable workshop shares proven techniques of how to use humor for stress reduction.

- History, Practices and Beliefs of Laughter Therapy
- Power of Positive Thinking
- Therapeutic Benefits of Humor

Happiness: How to be Happy in Life

Happiness—our declaration of independence is founded on life, liberty and the pursuit of happiness.

- Review Recent Trends in Happiness as a Way of Life
- What the Pursuit of Happiness Means
- How our Pursuit of Happiness Increases our Productivity
- Techniques that Build on our “Happy Days”

Nutrition 101

In this seminar, taught by nutritionists and dieticians, your employees will learn about food and nutritional requirements, and the importance of eating for a healthy life. Participants will be surprised at what they don't know and what their body actually needs.

- Benefits of Good Nutrition
- Components of a Healthy Meal
- Tips for Healthy Eating and Meal Planning
- Staying Motivated: A Life Long Battle

Children's Nutrition 101

Childhood obesity is one of the largest issues facing a parent today. Are we feeding our children well? Too much? What if your child does need to lose weight? Participants will learn the basics of nutritional requirements for their growing children.

- Tips for Healthy Eating
- Health Risks of Obesity in Children
- Recognizing when Weight is a Problem
- Building Self Esteem

Exercise 101

This seminar will help your employees understand the importance of cross training and get a head start on reaching their target exercise rate. Participants will also learn how to create an exercise regime that is ideal for their situation.

- Benefits of Establishing a Daily Exercise Routine
- Getting Started
- Staying Motivated
- Overcoming the Exercise Plateau

Staying Healthy “On the Road”

Your employees don't have to abandon their routine while away from home! This seminar will provide tips on how to eat healthy while dining out, exercise while traveling, and stay healthy while away.

- Focus on Sleep
- Healthy Choices Dining Out
- Exercise Alternatives While Away
- Strategies for Missing your Loved Ones

Stress Management

This seminar covers common causes of stress and successful strategies for managing stress when it occurs.

- Causes of Stress
- Recognizing Your Stress Signals
- Relaxation Techniques for Managing Stress

Releasing Stress through Relaxation

Hectic schedules can result in feelings of exhaustion and a lack of clarity in work and personal lives. This meditation workshop will teach relaxation exercises that reduce tension and stress.

- Understand Stress and How it affects the Body
- Learn the Benefits of Relaxation Techniques
- Stress Management Techniques: Meditation, Guided Imagery, Progressive Muscle Relaxation

Letting Go of Worry and Anxiety

This seminar is designed to help employees cope with anxiety.

- Understanding Anxiety
- How Anxiety Affects You
- Reducing Anxiety
- Signs of Anxiety Disorders

Overcoming Procrastination

Help your employees overcome procrastination and become more motivated and productive. This program covers common reasons for procrastination and offers advice for overcoming it.

- How We Procrastinate
- Reasons for and the Impact of Procrastination
- Practical Tips on Overcoming Procrastination

Conquering Holiday Stress

This seminar is designed to help participants cope more effectively with holiday-related stress.

- Causes of Holiday Stress
- Recognizing Stress Signals
- Strategies for Minimizing Holiday Stress
- Tips for Balancing Work and Family during the Holidays
- Dealing With Holiday-Related Depression

Child Care & Parenting

Transitioning to Parenthood

A new baby brings excitement, challenges, questions, doubts and especially 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.

- Strategies for Adjusting to New Parenting Roles
- Coping with Emotional and Lifestyle Changes
- Increase your Self-Confidence as a New Parent

Raising Well Balanced Children NEW for 2010!

Raising children to be responsible, well balanced individuals can be challenging. This workshop will provide practical tips to help parents foster a healthy, positive foundation for their children.

- Self-esteem
- Emotional, Physical, and Social Issues
- Personal Discipline
- Healthy Body Image
- Gender Differences and Challenges

Choosing Quality Child Care for your Child

Before parents begin their search for quality child care they need this basic information.

- Assessing Your Needs
- Exploring Your Options
- Evaluating Child Care Providers
- The Selection Process

Before- and After-School Care

Parents will learn how to carefully find, evaluate and select appropriate before-and after-school care for their children.

- Assessing Before- and After-School Care Needs
- Types of Before- and After-School Programs
- Evaluating Before- and After-School Programs
- Enrichment and Extracurricular Activities
- Is Your Child Ready to Stay Home Alone?
- House Rules and Safety Tips

In-Home Child Care

Parents learn about in-home care options and what they need to know to make educated in-home child care decisions.

- Is In-Home Care Right for Your Family?
- In-Home Care Options
- Working With an Agency
- Screening and Interviewing Candidates
- Your Responsibilities as an Employer
- Managing Your Relationship With Your Caregiver

Summer Care Options

Identifying quality summer care for children requires smart questions and information to discern the best option.

- Assessing Your Summer Care Needs
- Summer Camps
- Preparing Your Child for Camp
- Other Summer Care Options
- Reducing Summer Care Costs
- Summer Options for Teens

Reducing Child Care Costs

Parents will learn helpful tips for reducing child care costs.

- Dependent Care Assistance Plans
- The Child and Dependent Care Credit
- Earned Income Credit
- Public Subsidies and Scholarships
- Money-Saving Tips

Children's Nutrition 101

Childhood obesity is one of the largest issues facing a parent today. Are we feeding our children well? Too much? What if your child does need to lose weight? Participants will learn the basics of nutritional requirements for their growing children.

- Tips for Healthy Eating
- Health Risks of Obesity in Children
- Recognizing when Weight is a Problem
- Building Self Esteem

Child Safety: Infant to Preschool Years

What parents need to know to keep infants and preschoolers safe.

- Baby Equipment and Toys
- Child Proofing the Home
- Fire Prevention
- Poison Prevention
- Water Safety
- Protection from Abduction and Abuse

Parenting Your Toddler/Preschooler

What can parents expect during the toddler and preschool years? Parents learn about effective parenting strategies and typical developmental milestones and transitions.

- Positive Parenting Strategies
- Transitions
- Developing Social Skills
- Healthy Habits
- Learning at Home

Positive Parenting during the School-Aged Years

This seminar provides basic parenting strategies for school-aged children.

- Positive Parenting Strategies
- Healthy Habits
- Effective Communication
- Promoting Academic Performance
- Transitions

Bullying: How to Protect Your Child

This seminar provides information on recognizing the signs of bullying and how to prevent or cope with it.

- Types of Bullying
- Talking With Children about Bullying
- Signs Your Child May Be Being Bullied
- Coping Tips for Children Being Bullied
- What to Do If You Suspect Your Child is Bullying Others

Encouraging Effective Homework and Study Habits

This seminar provides parents with tips on how to promote effective study and homework habits.

- The Role of Parents
- Helping Your Child with Homework
- Tutoring Options
- Working with Your Child's Teacher(s)
- Encouraging Learning Outside of School

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.

- Safety Guidelines for Parents
- Safety Tips for Children
- Prevention and Awareness of Abduction and Abuse
- Internet and Television Safety
- School Violence

Talking With Children about Violence: Keeping Them Safe

This seminar provides parents with information on keeping children safe from violence.

- The Prevalence of Violence
- Talking to Children About Violence (e.g., media, war, terrorism, school violence, bullying, gangs, peer pressure, etc.)
- Safety Strategies and Preventive Skills
- Recognizing Reactions to Violence

Talking to Your Kids about Drugs and Alcohol

Parents worry about keeping their children drug and alcohol free. Participants will learn how to stop the worrying and open the door to understanding, discerning problems and finding help.

- Teaching Children to Make Positive Decisions
- What Parents Need to Know About Drugs
- The Warning Signs of Drug or Alcohol Abuse
- Where to Get Help

Helping Children Cope with War and 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 Children May React to War or Terrorism
- Helping Children Cope
- Talking to Children about War and Terrorism
- When to Seek Help
- Helpful Resources

Parenting Your Teen*

Help parents of pre-teens and teens with this program offering effective parenting tips and strategies for the difficult teen years.

- Understanding Physical Changes
- Communicating Effectively
- Managing Conflicts
- Dealing with Social Issues
- At-Risk Behaviors (e.g., alcohol and drug abuse, eating disorders, gangs, etc.)

*This seminar can also be offered as a three-week program with participant commitment to all three sessions. Additional highlights will include teen driving, social and academic issues.

Communicating and Resolving Conflict with Your Teen

This seminar will provide participants with practical communication tips to improve the connection with their teen and techniques for resolving conflicts.

- Effective Communication Techniques
- Spending Enjoyable Time Together
- Effective Discipline
- Conflict Resolution
- Dealing Constructively with Anger
- When and Where to Seek Help

Adolescents at Risk

Parents learn about the factors that contribute to at-risk behavior in adolescents and discover hands-on parenting approaches.

- Factors Contributing to At-Risk Behaviors
- Proactive, Positive Parenting
- Prevention and Coping Tips for At-Risk Issues
- Helpful Resources

Working Parents: How to Achieve Balance

This seminar provides strategies that will help parents triumph in managing family and work responsibilities.

- Developing a Work/Life Plan
- Improving Organizational Skills
- Finding Quality Time for Loved Ones
- Tips for On the Job
- Commuting and Transitioning from Work to Home
- Travel and Overtime
- Self-care
- Stress Management

The Sandwich Generation

Finding balance when juggling caregiving responsibilities for both children and aging parents is an enormous challenge. Employees will learn practical strategies and solutions to manage competing demands of caring for older adults while raising children.

- Achieving Balance
- Prioritization and Time Management Techniques
- Support Network Development
- Local and State Resources

Divorce and Separation: The Effects on Children

This seminar offers parents tips on how to help their children cope with a divorce or separation.

- How to Explain Separation/Divorce to Your Child
- The Emotional Impact on Your Child
- What to Expect With Various Age Groups
- Communication Between Households
- Establishing Custody Arrangements
- Coping Tips for Parents and Children

Internet Safety for Parents

The Internet is an invaluable educational resource but it presents potential safety concerns for children. Parents will learn critical tips to protect children and to guide them to a positive online experience.

- Internet Safety Measures and Guidelines to Establish with Your Child
- Inherent Risks on Facebook, Myspace, Xanga, Social Networks and Other Chat Rooms
- Instant Messaging

Single Parenting

Single parents who attend this seminar will learn tips, strategies, and general information to help them survive and thrive.

- Organizing Yourself
- Spending Quality Time with Children
- Focusing on the Positive
- Establishing Healthy Communication Skills
- Teaching Healthy Expression of Emotions
- Building Self-esteem
- Establishing Stability and Security
- The Co-Parenting Challenge
- Getting Support

Successful Stepfamilies

This seminar assists stepfamilies in creating a loving, supportive family environment.

- Preparing for a Successful Transition
- Creating Family Unity
- How to be a Successful Stepparent
- The Importance of Communication

Raising Children in a Diverse World

Teaching children about diversity and tolerance is a critical part of parenting today. This program provides parents with information on teaching their children about diversity.

- Helping Children to be Proud of Their Heritage
- Introducing Children to Other Cultures, Religions, and Races
- Answering Tough Questions
- Teaching Diversity
- Protecting Your Child from Discrimination
- Being a Good Role Model

Special Needs

Does Your Child Have a Learning Disability?

Parents learn basic information about learning disabilities and resources for additional support.

- What Is a Learning Disability?
- Common Symptoms of a Learning Disability
- Testing for and Diagnosing a Learning Disability
- Individualized Education Plans
- Educational Resources and Support Groups
- Your Legal Rights

Caring for Your Special Needs Child

This seminar is designed to assist parents in navigating the educational and child care resources available for children with special needs and to inform them about the financial and legal challenges they may face.

- Testing and Evaluation
- Understanding Special Education Laws and Your Rights
- The Special Education System
- Child Care Options
- Legal/Financial Issues
- Helpful Resources
- Support Groups

Caring for Your Special Needs Older Child/Adult Dependent

Parents are provided with the information they need to know about caring for an older child or an adult with special needs.

- Your Child's Education and Employment Rights
- Protecting and Providing for Your Special Needs Child
- Legal and Financial Issues Related to Your Child's Future
- Effective Parenting and Family Management
- Techniques for a Family with a Special Needs Child
- The Importance of Support for You and Your Child

Parenting a Child with ADD/ADHD

This seminar provides a general overview of ADD/ADHD, including testing and diagnosis.

- What Is ADD/ADHD?
- Common Symptoms of ADD/ADHD
- Testing and Special Educational Services for Children with ADD/ADHD
- Treatment Options for ADD/ADHD
- Strategies for Success

Prenatal and Adoption

Prenatal Planning: Preparing for Upcoming Changes

Employees who are planning to start a family will discover what they need to know to prepare.

- Birthing Options
- Health and Wellness Issues
- Financial Planning
- Time Management Strategies
- Baby Product and Equipment Safety

Overview of the Adoption Process

Information necessary to navigate the adoption process is presented in this program.

- Types of Adoption
- Adoption Agencies
- The Home Study
- Costs and Legal Issues
- Helpful Resources

Adult Care

Adult Care Overview

This seminar provides information about the various adult care options available.

- Understanding Adult Care
- Assessing Your Loved One's Needs
- Communicating with Loved Ones About Changing Care Needs
- Identifying Care Options and Resources

Saying Goodbye: Life after Caregiving NEW for 2010!

This program addresses the complicated process of grieving and offers helpful strategies for overcoming grief. Participants will explore the possibilities of change after caregiving ends and the opportunities for defining the future.

- How to Say Goodbye
- Dealing with Grief
- Picking up the Pieces
- Helping a Grieving Person

Long-Term Care Insurance: Everything You Need to Know NEW for 2010!

At least 70 percent of people over age 65 will require some long-term care services at some point in their lives. And, contrary to what many people believe, Medicare and private health insurance programs do not pay for the majority of long-term care services that most people need. Planning is essential for your employees to be able to get the care they might need and save their assets and income for uses other than long-term care. This seminar provides a basic understanding of long-term care insurance, including:

- Understanding Long-Term Care
- What Is Long-Term Care Insurance?
- Coverage and Benefit Choices
- What Does Long-Term Care Insurance Cost?
- Designing Coverage to Meet Your Needs
- Buying Long-Term Care Insurance
- State Partnership Long-Term Care Insurance Programs

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 their needs, discussing care arrangements and assisting with activities of daily living.

- Assessing the Needs of Your Loved One
- Discussing Caregiving Arrangements With Your Loved One
- Assessing Your Own Needs
- Are You Ready?
- At-Need Caregiving

The Sandwich Generation

Finding balance when juggling caregiving responsibilities for both children and aging parents is an enormous challenge. Employees will learn practical strategies and solutions to manage competing demands of caring for older adults while raising children.

- Achieving Balance
- Prioritization and Time Management Techniques
- Support Network Development
- Local and State Resources

Communicating With Your Older Loved One

This seminar provides attendees with useful tips and ideas on how to communicate with older adults about important decisions like health, housing, finances and legal issues.

- Starting the Conversation
- Effective Communication
- Dealing with Denial
- Critical Conversations

Long-Distance Caregiving

This seminar provides information on how to assess the needs of an older loved one who does not live nearby.

- Assessing Your Loved One's Needs from Afar
- Understanding Care Options
- Determining Whether Relocation is Appropriate
- Discussing Care Options and Critical Issues with Your Loved One
- Helpful Resources

The Effects of the Aging Process

Taking care of an older relative can be rewarding as well as challenging. This seminar will provide an overview of both age and disease related changes older adults might experience.

- Physical, Behavioral and Emotional Changes of Aging and the Various Diseases That May Occur
- When a Caregiver Should Be Concerned about Disease Related Changes
- What Type of Assistance May Be Required from Family Members and Professionals

Professional Care Management

This seminar provides information about Professional Care Management.

- What is a Professional Care Manager (PCM)
- Services Provided by a PCM
- Fees for PCM Services
- Evaluating PCMs

Legal/Financial Issues Involved With Caring for an Older Loved One

What are the critical legal and financial issues involved in caring for an older loved one?

- Talking About Critical Issues
- Locating and Organizing Important Documents
- Executing or Updating Important Legal Documents (e.g., wills, trusts, advance directives, guardianships/conservatorships)
- Finding an Elder Care Attorney
- Planning for Your Own Future

Exploring Housing Alternatives for Older Adults

This seminar explores housing options and care facilities for older adults.

- Assessing a Loved One's Living Situation
- Types of Housing Alternatives
- Evaluating Facilities
- Communicating with a Loved One about Care Options
- Helpful Resources
- Avoiding Caregiver Burnout

Overview of Medicare and Medicaid

This seminar provides a basic understanding of health insurance and government programs associated with adult care.

- Overview of Medicare
- Eligibility for Benefits
- Medigap Insurance
- Overview of Medicaid

Caring for a Loved One with Alzheimer's Disease

What are the care options for people with Alzheimer's disease and other forms of dementia? This seminar explores options and opportunities for caregivers.

- Understanding Alzheimer's Disease: Signs, Symptoms and Stages
- Day-to-Day Caregiving Techniques
- Financial Assistance and Insurance
- Care Options
- Resources for Caregivers

Hospice Care

This seminar offers basic information about hospice programs and services.

- Hospice Philosophy
- Location of Care
- Hospice Services
- Is Hospice Right for Your Loved One?
- Paying for Hospice Care
- Finding a Hospice Program/Facility

Preventing Elder Abuse

This seminar provides information on how to recognize signs of elder abuse and where to turn for help.

- Types of Abuse
- Warning Signs of Abuse
- Risk Factors for Elder Abuse
- What to Do if You Suspect Abuse
- Preventing Elder Abuse
- Helpful Resources

Education

How to Choose the Right College or University

Choosing the best college may be one of the most important decisions a child makes. To make it easier, this seminar gives parents the information they need to help their child find, evaluate and choose the college that best fits his or her needs.

- Identifying Your Child's Higher Education Preferences
- Resources to Use When Looking for a College/University
- Evaluating a College/University: Campus Visits
- Making a Decision

Preparing for and Applying to College

Critical information on preparing a child for college is provided for parents with a general overview of the admissions process.

- Academic Planning (e.g., high school requirements, standardized testing)
- The College Search
- The Admissions Process
- Making a Decision

Navigating the College Financial Aid Process

This seminar helps parents understand college financial aid options.

- The Financial Aid System
- Financial Aid Forms
- Student Aid Application Tips
- Helpful Resources

College Financial Planning

As college tuition costs skyrocket parents need to plan and to save. This seminar provides information to help parents plan for and manage the cost of their child's college education.

- Savings and Investment Strategies and Vehicles
- Other Funding Sources
- College Financial Planning Tips
- Financial Aid Options

Nontraditional School Options

This seminar provides information on nontraditional educational programs and options.

- Assessing Academic Needs
- Educational Options
- The Admissions Process
- Balancing School, Work and Life

Pursuing a Graduate Degree or a Continuing Education Program

This seminar provides an overview of graduate and continuing education programs.

- Choosing the Right Program
- The Application and Admissions Processes
- Financial Planning
- Managing Study, Work and Life Responsibilities
- The Thesis or Dissertation Process

Daily Life

Preventing Identity Theft

This seminar provides information on identity theft including prevention and coping tips.

- How Identity Theft Occurs
- How to Prevent Identity Theft
- Immediate Steps for Victims
- Resolving Specific Problems
- Helpful Resources

Planning Your Retirement Lifestyle

This seminar will help your employees plan for and enjoy a successful and fulfilling retirement. Participants will learn how to discover their passions and preferences and access their expectations and those of their partner.

- Change the Way you Think About "Traditional" Retirement Planning
- Discover and Pursue Your Passions
- Achieve Personal Goals with Whatever Financial Resources you Have
- Learn How to Enjoy a Successful Retirement With Our Step-By-Step Guidelines

Home Improvement

Finding a competent and reliable contractor is the first step to a successful and satisfying home improvement project.

- Home Improvement Professionals
- Hiring a Contractor
- Checking References
- Understanding Payment Options
- Getting a Written Contract
- Keeping Records
- Job Completion Checklist
- Handling Problems

Green Tips for the Home NEW for 2010!

Help your employees 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.

- Ecological Benefits
- Financial Benefits
- Going Organic

Emergency Preparedness

This seminar is intended to help participants prepare themselves, their families and their homes in case of an emergency.

- Identifying Potential Disasters in Your Area
- Creating a Disaster Supply Kit
- Creating a Family Emergency Plan
- Discussing Insurance
- Deciding to Evacuate or Shelter in Place
- Coping in the Aftermath

Overview of Divorce Issues

This seminar provides helpful and practical information for those experiencing all stages of a divorce or separation.

- Overview of the Divorce Process
- Lawyer versus Mediator
- Frequently Asked Questions about Divorce
- Coping Skills and Surviving the Emotional Toll
- New Relationships/Moving Forward

Military Homecomings

This seminar provides helpful tips for families on easing the transition home after an extended deployment—and making the most of the homecoming.

- Helping Your Loved One Adjust
- Helping Children Adjust
- Becoming a Couple Again

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.

- Talking to Children about Deployment
- Child Care Arrangements
- Additional Preparations
- Staying Connected
- Coping with Emotions
- Helpful Resources

Wedding Planning

This seminar provides tips and strategies to help participants plan an organized wedding.

- Planning Timelines
- Selecting a Reception Spot
- Finding a Florist
- Finding a Caterer
- Hiring a Photographer

Pet Care

This seminar is designed to help participants find reliable and affordable pet care services.

- Pet Care Options
- Evaluating Pet Care Providers/Trainers
- Preparing for your Absence

Plan Now for Your 2010 Take Our Children to Work Event



LifeCare can help you organize this important and busy day. We'll help you host your event on Thursday, April 22, 2010, or on any other day that suits your organization. Call your LifeCare Account Manager for more details!

Engaging Seminars!

- Choose from many fun and creative topics.
- Mix and match topics to fit your company's needs.
- Professional presenters provide valuable content for your day.
- Each one-hour seminar is priced at \$500, or use your event units.
- Group size is limited to 30 children per class.

Professional Consultation!

- LifeCare's Professional Consultant will help you organize your entire day.
- Goal-setting and development of agenda: Theme for the day, selection and coordination of classes and activities, etc.
- Advice on age groups and size of classes for each seminar.
- Selection and training of adult volunteers for the day.
- Handling of room arrangement and any special cases that arise.
- Professional Consultation is priced at \$5,000 (does not include fees for seminars described above).

Why LifeCare?

- We offer a variety of formats, from one-hour to full-day programs.
- You save time and stress because we do all the work.
- With our help your employees and their kids will truly enjoy this important day!

All-new Interactive Seminars for 2010!

- Healthy Habits for Children
- Teaching Financial Literacy
- What do I Do Next?
Career Planning Tips for Teens

We've still got all your favorite topics from last year, too!

These seminars are very popular, so start planning today! Please give your Account Manager a call now.

By participating in this national event, you show your employees and your customer base that you are concerned about preparing and inspiring the future workforce of America. This special day helps children develop a passion for the jobs and skills upon which your organization will rely in the future.



LifeCare®

Caring today for a better tomorrow®