

**1. LifeWorks WLS Pre-Recorded Webinar: Emotional Well-Being During the COVID-19 Pandemic**

Free Resource, 25 minutes

Learning Objectives:

- Why outbreaks affect our emotional health?
- Practical skills to cope with the anxiety
- Talking to your children
- Tips for you and your family

Link:

<https://vimeopro.com/user65099910/emotional-well-being-covid-19>

**2. LifeWorks WLS Pre-Recorded Webinar: Talking to your child about Covid-19**

Free Resource, 23 minutes

Learning Objectives:

- Having a Difficult Conversation
- Where to Start?
- Aspects to Consider
- The Tough Questions
- Create a Solutions Focus

Link:

<https://vimeopro.com/user65099910/talking-with-your-child-coronavirus>

**3. LifeWorks WLS Pre-Recorded Webinar: Introduction to Working Remotely**

Free Resource, 15 minutes

Learning Objectives:

- Identify the benefits and challenges of working remotely

- Apply strategies to enhance productivity
- Staying Connected

Link:

<https://vimeopro.com/user65099910/introduction-to-working-remotely>

#### **4. LifeSpeak Resources:**

Our partners at LifeSpeak have made the following resources available to all our clients as a courtesy during these difficult times.

3 expert interviews around COVID that you can check out:

- [\*What You Need to Know Now About the Coronavirus\*](#)
- [\*Managing Anxiety during the Coronavirus outbreak\*](#)
- [\*Social Distancing: What it means and how you can manage it in day-to-day life\*](#)