

● ● ● Career Money Life



**Provide the support your people  
need to thrive with our engaging  
webinar programs**

Career Money Life offers webinars to help you provide advice, support and motivation for your employees, supporting their physical, and mental wellbeing, career transition, financial education, and transition to retirement, ensuring they stay engaged, motivated and valued.

Our range of webinars include:

## Future Fit Career Webinar Series

### Help your employees create a future-fit career

Career Money Life Future Career Fit webinars offers a comprehensive career roadmap, guiding employees through the complex career transition process and making things simple and easy to action.

#### FACILITATOR



**Anne Hutton**  
Head of Coaching, Career Money Life

The Future Fit 5 session program includes:



**Explore.** Understand your personal strengths, passions and best career fits



**Position.** Develop a career plan, apply strengths from Career ID in your job search



**Build.** Leverage your personal brand, optimise resume and value proposition



**Launch.** Optimise and engage on LinkedIn, learn interview strategies, networking



**Grow.** Understand what future skills are needed to stay competitive in the job market

## Parenting Webinars

Support your working parents to manage the complex juggle

Career Money Life offers a wide range of Parenting webinars designed to meet the needs of all parents, not just first timers.

### FACILITATOR



**Dr. Rosina McAlpine**  
Parenting Expert



Facilitated by Dr Rosina McAlpine, Parenting Expert, the webinars cover the following topics:

- Self-care for physical and mental wellbeing
- Flexible routines: getting things done as a family
- S.E.E. a positive way to parent
- Helping children manage their emotions for a more peaceful home
- Nurturing positivity and resilience
- Managing screen time at home
- Family communication: harmful versus nurturing approaches
- Nurturing healthy self-esteem
- Keeping kids healthy, happy and engaged
- Supporting children through the Coronavirus pandemic: What parents can do

## Financial Advice Webinars

### Empower your employees to future proof their finances

Career Money Life understands that employees' well being and success means knowing how to manage their money and make smart decisions. We offer engaging webinars to help people better understand their relationship with money and to manage their finances with confidence.

#### FACILITATOR



**Melissa Meagher**  
Financial Educator

The webinar gives participants the opportunity to explore:

- Their own financial health and provides simple strategies for them to take away and immediately
- Implement to enhance their financial situation.
- How to be confident about your financial situation
- Covid-19 – Financial Assistance
- Create clarity, awareness and efficiency and understand what makes up your Money Pot
- Conduct a review of your fixed costs and learn how to manage everyday bills
- Track your lifestyle expenditure and develop conscious spending habits
- Understand if your structure helps or hinders you to manage your money
- Review bank accounts and the flow of funds
- Finding out your Money Story
- Discuss money mindset, beliefs and attitudes
- Get tips and tools to implement immediately to get results
- How to manage ourselves - our emotional responses to the pandemic and how to create and maintain resilience

## Retirement Webinars

Help employees make informed decisions and transition into retirement on their terms with our engaging webinars

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Ensuring your people can transition to retirement on their own terms starts with education and understanding their needs.

Career Money Life offers an interactive session with Retirement Expert Wayne Bishop to start the discussion about future life plans and transitions. Covering not just the financial side, but the personal, social, and purpose and meaning elements which are critical to successful retirement.

### FACILITATOR



**Wayne Bishop**  
Retirement Coach

Help your people get off to a good start with our interactive group webinars that address:

- Connection and Purpose
- Life Goals and Priorities
- Planning the next phase of your life
- Transitioning from Full Time Work
- Alternative work options
- Funding Retirement, including Super, Centrelink and Pensions
- Health and wellbeing in Retirement

Also available:

- Interactive online Life planning and goal setting tools from Career Money Life
- One-on-one coaching sessions to enable people to take action with confidence



## Support your employees' wellbeing while working from home

### Mental Health Webinar 1

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Career Money Life can help employees stay motivated and productive while working from home. Our research backed webinar, provided by experienced Psychologist Kate Woodley can give your people the tools, advice and motivation to manage their mental health while working at home.

This webinar includes the following:

- Understanding your current responses to the COVID - 19 pandemic
- What our brain does when stressed
- The emotions we experience and how to manage them
- How to work effectively at home
- Managing space
- Managing time
- Managing priorities
- How to manage ourselves - our emotional responses to the pandemic and how to create and maintain resilience

### FACILITATOR



**Kate Woodley**  
Registered Psychologist



## Support your employees through times of change

### Mental Health Webinar 2

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Managing and dealing with change can be challenging for all of us, especially during uncertain times. Helping people learn to be mindful, and manage their responses is critical to the success of any change. Provide your people a framework, toolkit and support to help them learn to embrace change and understand their roles in it. These webinars are led by experienced Change Practitioner, Psychologist and Leadership Coach, Sally Betts, with interactive exercises and resources.

**Dealing with Change** interactive webinar covers:

- How different people react to change and what they need to help them navigate through it
- Transitions (based on William Bridges work; navigating through the Neutral Zone and moving forward)
- An exercise on the 4 Doors of Change
- Circles of Control
- Breathing Exercises

**Mind Full or Mindful?** which focuses on:

- Building the psychological flexibility to deal with challenging situations
- Acceptance of life's circumstances and the importance of values and legacy
- What you can and can't control
- The Resilience Formula

### FACILITATOR



**Sally Betts**  
Leadership Coach & Psychologist

## Mental Health and Well Being in a remote work setting

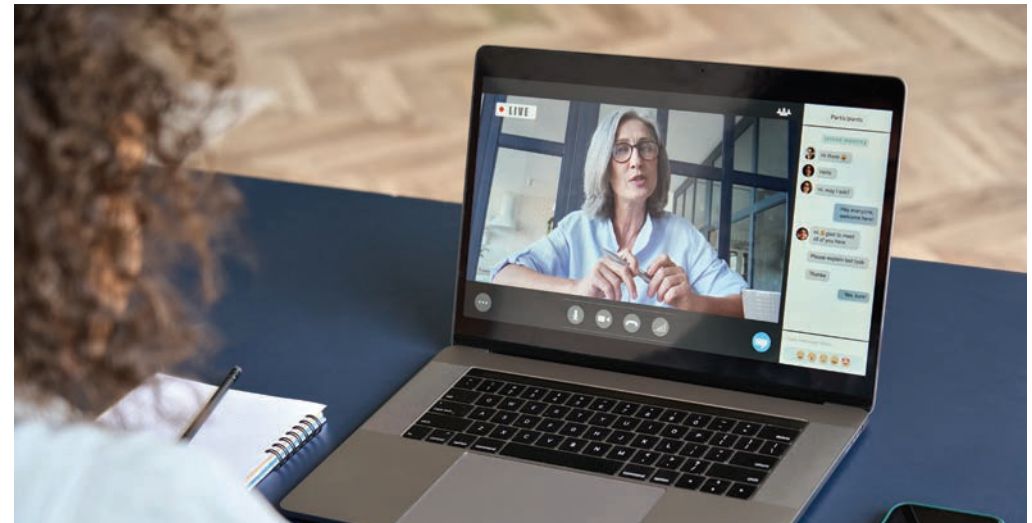
### Mental Health Webinar 3

Career Money Life offers this webinar, facilitated by Bill Carson, expert in Mental Health and Resilience, to help employees take care of their mental health while working from home.

#### FACILITATOR



**Bill Carson**  
Principal Master Instructor  
of Mental Health First Aid



This webinar can help employees with:

- Recognising common responses to uncertainty, stress, isolation, and loss of connection
- Identifying signs when we might be struggling with work in the virtual world
- Adopting techniques to enable productive remote working while maintaining wellbeing
- Exploring and utilising a range of support options
- Applying strategies to successfully care for yourself and others



# Mental Health Conversation and Online Yoga Program

## Mental Health Webinar 4

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Offer both mental and physical well being support through our webinars and yoga with Dr Deb Roberts, who has been a Mental Health Advocate, Yoga Teacher, Beyond Blue Contributor and has lived experience in mental health.

The **mental wellbeing conversation webinar** can help employees:

- To gain insight and skills toward wellbeing
- To normalise mental health-related issues & self-care
- To reduce stigma related to mental health issues & self-care
- To promote accessing support and resources
- To inspire through hope and recovery of LIVING with a mental health condition

## FACILITATOR



### Deb Roberts (PhD)

Speaker, writer, yoga teacher and a health advocate

The **online yoga program** consists of live or recorded yoga sessions that includes:

- 2 On-Demand sessions per week for 6 weeks
- a 10 minute 'Breathing Break' session (every week)
- a 15-20 min 'Movement & Stability' session (every week)
- the C.O.R.E. framework which offers evidence-based and practical skills related to wellbeing



## Support for Leaders

Support your leaders to be their best during times of change with Career Money Life's webinars

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People leaders are feeling the strain of having to deal with both – their own wellbeing challenges whilst supporting their people with theirs. Leaders have to lead differently in a hybrid or work from home environment, and need new skills, mindsets and approaches.

## Leading in a crisis

### A set of two webinars

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The **Better Leadership through Better Thinking** webinar can help employees in:

- Managing and engaging staff through the transition
- Communicating effectively in a virtual and changing world
- Effective decision-making, problem solving, long term strategy planning
- Building and maintaining the trust of staff
- Understanding how and why people experience change differently
- Communicating effectively to staff (with tips directly relevant to communicating during Covid-19)
- Decision making and problem solving using a whole-brain approach
- Running effective, inclusive, successful whole brain meetings

The **Building Trust in Times of Change** webinar covers topics on:

- How to develop an engaged, high performing, positive team on a foundation of integrity, positive intent, capability and optimal results
- 13 critical leadership behaviours key to building trust and increasing accountability and commitment
- Reducing hidden agendas, politics, interpersonal conflict, win-lose thinking, defensiveness and protective communication

This webinar is facilitated by **Sally Betts, Leadership coach and Psychologist.**





## C.A.L.M Conversation Skills for Managers of Remote or In-office/ On-site Teams

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This workshop helps Managers to be authentically caring, and significantly contributes to creating a more engaged and committed culture.

This workshop is facilitated by **Bill Carson, Principal Master Instructor of Mental Health First Aid.**

This workshop covers:

- How to identify the signs of mental unwellness
- How to approach a team member – what to say and what not to say
- How to have a caring conversation and help the person come to their own awareness
- How to know what resources to refer to
- How to manage your own self-care and the rest of the team


## Looking for something different for your unique needs?

Contact us to custom design a webinar program for you and your people.

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 Career Money Life

Join our growing community of innovative organisations who want to do things differently, on purpose

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