



LIFESPEAK

A health, wellness and professional development platform to give you and your family instant access to expert advice on a wide range of topics.

Your LifeSpeak Library includes over 1000 videos on topics that affect your every day life.

Sleep issues, weight management, having tough conversations, raising teens... it's all here. You can watch videos, download action plans, and interact with world-class experts in real time.

GOT 8-10 MINUTES?

LifeSpeak videos are easily accessible on your mobile device, tablet, laptop or desktop and are the perfect length for on-the-go learners.

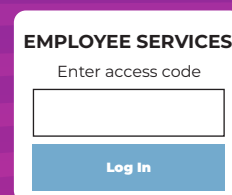
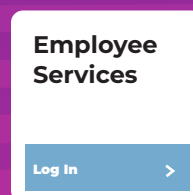
ASK THE EXPERT!

Sign up for Ask the Expert so you can get your own questions answered in real time by a leading expert. <https://bit.ly/3nDXNLx>


LifeSpeak is available anywhere and anytime, and is 100% confidential.

HOW DO I ACCESS LIFESPEAK?

Log in to the Employee Services portal at www.wseap.com



Resources



LifeSpeak Videos

LifeSpeak On Demand videos offer you and your family members instant access to expert advice on all kinds of topics. Over 1,000 are easily accessible on your mobile device, tablet, laptop or desktop and are the perfect length for on-the-go learners.

WATCH NOW

Scroll down and click on the LifeSpeak video WATCH NOW link.

A Sample of LifeSpeak Volumes

STRESS MANAGEMENT & RESILIENCE

- Stress mastery
- The science of well being and happiness
- Do it on purpose

RELATIONSHIPS

- Couples relationships
- The modern family
- Common marital conflicts

FINANCIAL HEALTH

- Finance for everyone
- Common personal financial challenges
- Estate planning—common issues

PREVENTATIVE HEALTH

- Healthy eating in the real world
- Men's and women's health
- A primer on sleep

PHYSICAL CONDITIONS

- Pain management
- Headaches 101
- Heart disease—what everyone needs to know

MENTAL HEALTH

- Understanding mental illness in the workplace
- Attention deficit and hyperactivity disorder (ADHD)
- Addiction 101

CHILDREN'S HEALTH

- Common childhood medical concerns
- Children's sleep issues
- Stress in children

PARENTING & CAREGIVING

- Raising cooperative and responsible children
- Bullying 101
- Parenting with connection and clarity: discipline that teaches

PROFESSIONAL DEVELOPMENT

- Productivity strategies
- Having difficult conversations with confidence
- Respect in the workplace

LEADERSHIP AND MANAGEMENT SKILLS

- The leader as coach
- Building engagement and motivation in your team
- Key communication skills for managers

Please note that volumes are continually added and actual content may vary.