

LIVE EVENTS

SCHEDULE

## April Live Events Schedule

Join Lyra's live events to learn new skills to support your well-being at work, at home, and in relationships. There are four types of events, and all are a free part of your mental health benefit:

**SERIES** - Grow and connect with a cohort of people in recurring group meetings

**WATCH** - Build skills in a webinar, no camera or discussion needed

**DISCUSS** - Foster connections in a small group conversation with your camera on

**MEDITATE** - Practice guided mindfulness with an experienced facilitator

Sign up for live events by logging into your Lyra account. Download the app or visit [care.lyrahealth.com](https://care.lyrahealth.com). Events are listed in the Library. Additional live events may be added to this schedule based on popular demand and timely topics.

**SERIES**

### Preparing for Retirement

**Apr 1 | 3-4 p.m. EDT / 8-9 p.m. BST** (Times are N. Amer. and LATAM region friendly)

**Apr 15 | 3-4 p.m. EDT / 8-9 p.m. BST** (Times are N. Amer. and LATAM region friendly)

**Apr 29 | 3-4 p.m. EDT / 8-9 p.m. BST** (Times are N. Amer. and LATAM region friendly)

As you get ready to retire, you might contemplate your past experiences and future hopes, all while managing present-day arrangements. Join a cohort of peers across three meetings to build strategies for pursuing a fulfilling post-career life.

**Apr 1 | Fitting In and Aging Out**

**Apr 15 | Mental Health During Career Changes**

**Apr 29 | Thriving Through Retirement**

Participants are expected to attend all three meetings.

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SERIES

## Workplace Anxiety

**Apr 2 | 12-1 p.m. EDT / 5-6 p.m. BST** (Times are N.Amer., LATAM, and EMEA region friendly)

**Apr 16 | 12-1 p.m. EDT / 5-6 p.m. BST** (Times are N.Amer., LATAM, and EMEA region friendly)

**Apr 30 | 12-1 p.m. EDT / 5-6 p.m. BST** (Times are N.Amer., LATAM, and EMEA region friendly)

Anxiety looks different for everybody. But whatever form it takes, it can leave you doubting yourself in spaces where confidence is most essential—like the workplace. Join a cohort of peers across three meetings to discuss the impact of workplace anxiety and strategies for managing it.

**Apr 2 | Managing Workplace Anxiety**

**Apr 16 | Managing Workplace Expectations**

**Apr 30 | Navigating Impostor Syndrome**

Participants are expected to attend all three meetings.

WATCH

## Neurodiversity and Workplace Well-Being

**Apr 7 | 12-1 p.m. EDT / 5-6 p.m. BST** (Times are N.Amer., LATAM, and EMEA region friendly)

**Apr 23 | 3-4 p.m. EDT / 8-9 p.m. BST** (Times are N. Amer. and LATAM region friendly)

Every person's brain is unique, kind of like a fingerprint. However, our jobs don't always account for neurodiversity and the different ways people learn, work, communicate, or manage their environment. In this workshop, you'll explore the full experience of neurodiversity at work. You'll walk away with actionable strategies for thriving at work while protecting your mental health.

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WATCH

## How Emotional Intelligence Can Help You Get Ahead

**Apr 9** | 3-4 p.m. EDT / 8-9 p.m. BST (Times are N.Amer. and LATAM region friendly)

**Apr 27** | 12-1 a.m. EDT / 5-6 a.m. BST (Times are APAC region friendly)

**Apr 28** | 12-1 p.m. EDT / 5-6 p.m. BST (Times are N.Amer., LATAM, and EMEA region friendly)

The research is clear: Success at work isn't just about efficiency or talent. It's also about emotional intelligence, or the ability to identify, manage, and express emotions in a thoughtful and productive way.

Thankfully, just like any other skill, emotional intelligence can be cultivated to improve both our well-being and influence in the workplace. In this workshop, you'll learn what emotional intelligence is and isn't, and how to boost yours so you can bring your best self to work.

WATCH

## Steady Striving for Sustainable Success

**Apr 14** | 12-1 p.m. EDT / 5-6 p.m. BST (Times are N.Amer., LATAM, and EMEA region friendly)

**Apr 30** | 6-7 a.m. EDT / 11 a.m.-12 p.m. BST (Times are EMEA region friendly)

**Apr 30** | 3-4 p.m. EDT / 8-9 p.m. BST (Times are N.Amer. and LATAM region friendly)

If you want to succeed at work, a high-performance mindset is key. But so is balance: chasing success at the expense of everything else can lead to excess stress, harming performance and well-being.

In this workshop, you'll learn why some high-performance mindsets can create unsustainable expectations, as well as how to start optimizing your effort—instead of overdoing it—to create the conditions needed for real, lasting success.

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WATCH

## Coping with Distressing Current Events

**Apr 20 | 12-1 a.m. EDT / 5-6 a.m. BST** (Times are APAC region friendly)

**Apr 29 | 12-1 p.m. EDT / 5-6 p.m. BST** (Times are N.Amer., LATAM, and EMEA region friendly)

Current events impact many aspects of our daily lives. While you can't fully control what happens in the world at large, you can determine how you respond to yourself and others in the aftermath of distressing news by prioritizing your well-being and taking productive action. In this workshop, you'll learn research-supported tools to take care of yourself during difficult times, reduce in-the-moment distress, and know when support from a mental health professional is the right next step. This webinar will also include a guided mindfulness exercise.

DISCUSS

## People of Arab & Middle Eastern Descent

**Apr 1 | 12-1 p.m. EDT / 5-6 p.m. BST** (Times are N.Amer., LATAM, and EMEA region friendly)

**Apr 14 | 3-4 p.m. EDT / 8-9 p.m. BST** (Times are N.Amer. and LATAM region friendly)

With roots spanning across more than 20 countries, the Arab and Middle Eastern community is rich in cultural diversity. But despite their differences, many Arab and Middle Eastern people in the United States experience similar challenges—such as navigating multiple cultures, balancing family and individual expectations, and figuring out where their values lie.

In this Gathering, we'll discuss ways to increase safety and inclusion for Arab and Middle Eastern people in the workplace and beyond.

DISCUSS

## Caring for Aging Loved Ones

**Apr 2 | 3-4 p.m. EDT / 8-9 p.m. BST** (Times are N.Amer. and LATAM region friendly)

**Apr 15 | 12-1 p.m. EDT / 5-6 p.m. BST** (Times are N.Amer., LATAM, and EMEA region friendly)

Caregiving for an aging family member is a labor of love, one that can bring us more into alignment with our values and help us tap into new levels of compassion. But it's not without its challenges—the added responsibility can be mentally and physically draining and bring up complicated feelings about our relationships to family and ourselves.

If you're experiencing this, you're not alone. Join this Gathering to connect with other caregivers and share tips for taking care of yourself, too.

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DISCUSS

## Raising Kids on the Autism Spectrum

**Apr 7 | 3-4 p.m. EDT / 8-9 p.m. BST** (Times are N.Amer. and LATAM region friendly)

**Apr 23 | 12-1 p.m. EDT / 5-6 p.m. BST** (Times are N.Amer., LATAM, and EMEA region friendly)

Being a parent is never easy, but being a parent to a child with an Autism Spectrum Disorder diagnosis comes with an even steeper learning curve. Parents of children with ASD can feel overwhelmed as they balance everyday parenting with the advocacy necessary for their child's well-being.

Although it can feel like it, you're not alone. Join this Gathering to connect with a community of parents who understand the challenges and joys of raising a child with ASD in honor of Autism Awareness Day.

DISCUSS

## Managing Workplace Expectations

**Apr 8 | 12-1 p.m. EDT / 5-6 p.m. BST** (Times are N.Amer., LATAM, and EMEA region friendly)

**Apr 15 | 12-1 a.m. EDT / 5-6 a.m. BST** (Times are APAC region friendly)

**Apr 16 | 3-4 p.m. EDT / 8-9 p.m. BST** (Times are N.Amer. and LATAM region friendly)

Expectations about our performance can stem from the demands we put on ourselves, or be placed on us by others. Either way, we can begin to tie our worth to our ability to meet these high expectations. At best, this can be exhausting; at worst, we feel like we might buckle under their weight.

Join this Gathering to talk more about the ways pressure to perform can impact mental health, as well as how to take care of yourself when the expectations you're up against become overwhelming.

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DISCUSS

## Invisible Disabilities in the Workplace

**Apr 8 | 3-4 p.m. EDT / 8-9 p.m. BST** (Times are N.Amer. and LATAM region friendly)

**Apr 21 | 12-1 p.m. EDT / 5-6 p.m. BST** (Times are N.Amer., LATAM, and EMEA region friendly)

Life with an invisible disability brings unique challenges—including invalidation from those who dismiss your experience simply because they can't see it. These perceptions have a huge impact on how disabilities are defined and understood, shaping quality of life, mental health, and access to resources.

To delve deeper into these experiences, this Gathering will explore the issues faced by people with invisible disabilities and discuss strategies for increasing safety and inclusion for all.

DISCUSS

## Coping with Critical Events

**Apr 9 | 12-1 p.m. EDT / 5-6 p.m. BST** (Times are N.Amer., LATAM, and EMEA region friendly)

**Apr 21 | 3-4 p.m. EDT / 8-9 p.m. BST** (Times are N.Amer. and LATAM region friendly)

**Apr 27 | 6-7 a.m. EDT / 11 a.m.-12 p.m. BST** (Times are EMEA region friendly)

When a difficult event or crisis happens, it sends shockwaves. Unpredictable critical events are challenging for the people directly impacted, but witnessing the consequences and impact on the news or social media can also be triggering. Even those who are not directly affected can experience feelings of uncertainty.

Join this Gathering to talk with others about how to manage difficult emotional responses and cope in healthy ways when experiencing a crisis on an individual or cultural level.

DISCUSS

## Practicing Full Presence

**Apr 20** | 6-7 a.m. EDT / 11 a.m.-12 p.m. BST (Times are EMEA region friendly)

**Apr 22** | 3-4 p.m. EDT / 8-9 p.m. BST (Times are N.Amer. and LATAM region friendly)

Do you feel like there are so many things going on that you don't know where to start and need a few minutes to just...be? If this sounds like you, you'll want to join this Gathering. Pause your daily activities and to-do list to engage in a mindfulness meditation activity. You will be encouraged to embrace stillness and slowness for 30 minutes to reorient yourself and be more present throughout the rest of your day.

Join this space to practice the art of being fully present in the moment.

DISCUSS

## Language and Disability Culture

**Apr 22** | 12-1 p.m. EDT / 5-6 p.m. BST (Times are N.Amer., LATAM, and EMEA region friendly)

**Apr 28** | 3-4 p.m. EDT / 8-9 p.m. BST (Times are N.Amer. and LATAM region friendly)

Language shapes culture. It reflects our present and can change our future. How we refer to and define ourselves, especially when it comes to identities like disability status, can impact individual perceptions, policies, and more.

Which is why intentionality around language is so important. Join this Gathering to talk with other members of the disability community about the complicated nature of the labels we use, and share self-care strategies for navigating language, culture, and identity.

DISCUSS

## South Asian Experiences in the U.S.

**Apr 23** | 3-4 p.m. EDT / 8-9 p.m. BST (Times are N.Amer. and LATAM region friendly)

Currently, over five million people in America identify as South Asian. This large and diverse group is full of cultural history, unique perceptions, and rich experiences. Unfortunately, not all of these experiences are positive, as a large portion of the South Asian population in America reported being discriminated against in 2021.

Join this Gathering to talk about relevant issues for this community and how to increase safety and inclusion in the workplace.

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MEDITATE

## Mindful Moments

**Apr 20 | 12-12:30 p.m. EST / 5-5:30 p.m. BST** (Times are N.Amer., LATAM, and EMEA region friendly)

**Apr 20 | 8-8:30 p.m. EST / 1-1:30 a.m. BST** (Times are N.Amer. and LATAM region friendly)

Take a mindful pause to reset and reconnect. This guided session offers brief education on what mindfulness is, followed by a guided mindfulness practice designed to help awaken attention and awareness to the present moment. Mindful awareness can help you navigate life's ups and downs and be present for what matters most.

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