

LIVE EVENTS

SCHEDULE

February 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. Events are listed in the Library. Additional live events may be added to this schedule based on popular demand and timely topics.

SERIES

Self-care for DEIB Leaders

Feb 3 - Mar 3 | 3-4 p.m. EST / 7-8 p.m. GMT (Times are Times are N. Amer. and LATAM region friendly)

Leading diversity, equity, inclusion, and belonging efforts can be incredibly rewarding yet also emotionally taxing. Join a cohort of peers across three meetings to build strategies for enduring effectiveness and personal well-being.

Feb 3 | Championing DEIB Through Ambiguity

Feb 17 | Uniting Our Purpose

Mar 3 | Self-Care for DEIB Leaders

Participants are expected to attend all three meetings.

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SERIES

Impactful Leadership

Feb 4 - Mar 4 | 3-4 p.m. EST / 7-8 p.m. GMT (Times are Times are N. Amer. and LATAM region friendly)

If you've ever felt overwhelmed by the burdens of leadership, battling both external stressors and internal anxieties, you're not alone. Join a cohort of peers across three meetings to build strategies for lasting effectiveness and well-being.

Feb 4 | Unmasking the Leader: Exploring Your Needs

Feb 18 | Navigating Leadership Stressors

Mar 4 | Lead Well: Prioritize You

Participants are expected to attend all three meetings.

WATCH

Making Self Care Work For You

Feb 6 | 3-4 p.m. EST / 7-8 p.m. GMT (Times are N.Amer. and LATAM region friendly)

Feb 19 | 12-1 p.m. EST / 5-6 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

Feb 23 | 11 p.m. - 2/24 12:00 a.m. EST / 2/24 4-5 a.m. GMT (Times are APAC region friendly)

When we need to recharge and feel our best, self-care can help. Yet, when we're busy and stressed, self-care falls off the to-do list, often when we need it most. In this workshop, you'll learn how to put the "self" back in self-care—including how to prioritize the practices you need and create a realistic, personalized plan that works for you.

WATCH

Valuing and Supporting Neurodiversity: A How To For Managers

Feb 5 | 12-1 p.m. EST / 5-6 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

Feb 26 | 5-6 a.m. EST / 10-11 a.m. GMT (Times are EMEA region friendly)

Every person's brain is unique, kind of like a fingerprint. That variability is also known as neurodiversity. When managers recognize, support, and value neurodiversity, they help to create a supportive and inclusive workplace, which can boost productivity and well-being.

In this workshop, you'll learn more about neurodiversity and how it shows up at work. You'll also take away actionable strategies that you can use to support the people on your team.

WATCH

Black History as a Tool for Advocacy

Feb 10 | 3-4 p.m. EST / 7-8 p.m. GMT (Times are N.Amer. and LATAM region friendly)

Feb 26 | 12-1 p.m. EST / 5-6 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

Black history is often defined in a way that lacks substance and nuance, which can contribute to a misunderstanding of the people who identify as members of this group and confusion about how to support them. This workshop will provide a thorough definition of Black history and explore how increasing the depth and breadth of Black history knowledge can serve as a basis for engaging in effective and meaningful racial advocacy. Practical steps for pursuing racial advocacy will be discussed.

DISCUSS

Navigating Impostor Syndrome

Feb 2 | 3-4 p.m. EST / 7-8 p.m. GMT (Times are N.Amer. and LATAM region friendly)

Feb 8 | 11 p.m. - 2/9 12:00 a.m. EST / 2/9 4-5 a.m. GMT (Times are APAC region friendly)

Feb 24 | 12-1 p.m. EST / 5-6 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

Even confident professionals can struggle with self-doubt and fear of being 'found out.' This feeling, known as impostor syndrome, affects many, especially high achievers, and can lead to us questioning our worth and accomplishments. Join this Gathering to explore the realities of impostor syndrome, share strategies for overcoming it, and discuss self-care practices to support your journey.

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DISCUSS

Combating Isolation and Loneliness

Feb 3 | 12-1 p.m. EST / 5-6 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

Feb 25 | 3-4 p.m. EST / 7-8 p.m. GMT (Times are N.Amer. and LATAM region friendly)

As humans, we're hardwired for social connection. While relationships can bring a great deal of meaning and fulfillment, making and maintaining them is sometimes easier said than done. When we factor in social distancing, remote work environments, and other factors, connecting with others can be challenging. Many of us might even feel as though we're the only ones going through this. But the truth is that many people have gone through or are currently experiencing isolation and loneliness.

Join this Gathering to talk about how to combat isolation and loneliness. We will also discuss strategies for maintaining your well-being along the way.

DISCUSS

Cancer and the Workplace

Feb 4 | 12-1 p.m. EST / 5-6 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

Feb 16 | 3-4 p.m. EST / 7-8 p.m. GMT (Times are N.Amer. and LATAM region friendly)

One in five people around the world develop cancer in their lifetime. Yet many handle their health needs privately and with little, if any, support. After a diagnosis, they have to advocate for themselves—including at work, where the process of disclosure and requesting accommodations can add to their workloads and take a toll on their mental health.

Join this Gathering to discuss navigating a cancer diagnosis in the workplace, plus how to increase inclusion and support for those affected.

DISCUSS

The Black Female Experience in the U.S.

Feb 5 | 3-4 p.m. EST / 7-8 p.m. GMT (Times are N.Amer. and LATAM region friendly)

Feb 25 | 12-1 p.m. EST / 5-6 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

“Just because we’re magic, doesn’t mean we’re not real.”

This Jesse Williams quote reminds us that “Black Girl Magic” is not just a quote or hashtag—it’s a movement. It encompasses and celebrates the power, brilliance, beauty, and resilience of Black women.

Join this Gathering to build community and discuss the unique experiences of Black women in America. We will also talk about how this group is perceived in the workplace and ways in which strength is perceived both within and outside of this group.

DISCUSS

Black Men And The Mental Health Journey

Feb 9 | 3-4 p.m. EST / 7-8 p.m. GMT (Times are N.Amer. and LATAM region friendly)

Feb 17 | 12-1 p.m. EST / 5-6 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

Strong. Rational. Self-Sufficient. Many see these as measures of masculinity, especially in the Black community. In excess, though, these positive traits can take a serious toll on mental health.

Black men face unique cultural and identity-related challenges that can make getting help feel especially daunting. This Gathering offers a space to explore how cultural messages impact mental health, and to demystify—and destigmatize—seeking mental health support.

DISCUSS

Managing Workplace Expectations

Feb 9 | 12-1 p.m. EST / 5-6 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

Feb 26 | 3-4 p.m. EST / 7-8 p.m. GMT (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.

DISCUSS

Politicized Black Identity at Work

Feb 10 | 12-1 p.m. EST / 5-6 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

Feb 19 | 3-4 p.m. EST / 7-8 p.m. GMT (Times are N.Amer. and LATAM region friendly)

People who identify as Black or African American can sometimes feel like their racial and/or cultural identity has been "politicized," or used by others as part of a campaign, movement, or intellectual discussion. This can cause a difficult shift in our personal and professional relationships, as well as in our emotional experiences.

Join this Gathering to discuss the politicization of Blackness in the workplace and beyond, as well as how to prioritize your well-being when this happens.

DISCUSS

Coping with Critical Events

Feb 11 | 3-4 p.m. EST / 7-8 p.m. GMT (Times are N.Amer. and LATAM region friendly)

Feb 12 | 5-6 a.m. EST / 10-11 a.m. GMT (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

Coping Skills for Black Chronic Stress

Feb 12 | 12-1 p.m. EST / 5-6 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

Feb 24 | 3-4 p.m. EST / 7-8 p.m. GMT (Times are N.Amer. and LATAM region friendly)

The Black community contains a multitude of rich cultures and histories, each embodying joy and resilience. Yet it also faces race-based traumatic stress caused by ongoing violence. The frequency of injustices against the community can leave us feeling overwhelmed, angry—even numb.

However you feel, your right to rest and self-preservation matters. Join this Gathering to discuss ways to cope with chronic stress and protect your mental health and well-being during race-related crises.

DISCUSS

Exploring Multiracial Identity

Feb 12 | 3-4 p.m. EST / 7-8 p.m. GMT (Times are N.Amer. and LATAM region friendly)

Feb 18 | 12-1 p.m. EST / 5-6 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

Living in America with more than one racial or ethnic identity comes with its own set of unique experiences and viewpoints. It can impact how you were raised, how you see yourself, how others perceive you, and more. But exploring the hyphen can be a powerful point of connection.

Join this gathering to discuss the unique experiences of identifying with more than one racial/ethnic identity.

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DISCUSS

Black Queer Identity in the U.S.

Feb 16 | 12-1 p.m. EST / 5-6 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

Marsha P. Johnson. James Baldwin. Audre Lorde. The LGBTQIA+ community owes so much to Black queer pioneers, whose contributions have shaped not just LGBTQIA+ culture, but American culture as a whole. Black queer experiences are transformational. We are sources of joy, strength, and creativity. In short: we are iconic.

Join this Gathering to celebrate these unique experiences, build community with other Black queer folk, and discuss how to increase safety and inclusion in the workplace.

DISCUSS

Neurodiversity at Work

Feb 23 | 12-1 p.m. EST / 5-6 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

Every person's brain is unique—kind of like a fingerprint. Yet workplaces are not often designed with neurodiversity in mind, overlooking the different ways people learn, work, communicate, or manage their environment.

Join this Gathering to explore how neurodiversity impacts our workplaces experiences, and learn actionable strategies for thriving at work while protecting your mental health.

MEDITATE

Mindful Moments

Feb 2 | 12-12:30 p.m. EST / 5-5:30 p.m. GMT (Times are N.Amer., LATAM and EMEA region friendly)

Feb 2 | 8-8:30 p.m. EST / 1-1:30 a.m. GMT (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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