

LIVE EVENTS

SCHEDULE

March 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

Managing Cultural Transitions

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

Mar 18 | 12-1 p.m. EST / 4-5 p.m. GMT (Times are Times are N. Amer., LATAM, and EMEA region friendly)

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

Stepping into a new culture at work can be both exhilarating and disorienting. Join a cohort of peers across three meetings to share experiences and strategies for successfully navigating these significant professional and personal transitions.

Mar 4 | Barriers in Cultural Transitions

Mar 18 | Navigating Cultural Transitions

Apr 1 | Cultural Integration

Participants are expected to attend all three meetings.

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SERIES

Working While Grieving

Mar 5 | 3-4 p.m. EST / 8-9 p.m. GMT (Times are N. Amer. and LATAM region friendly)

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

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

Grief impacts our ability to be present and fully engaged, especially at work. Join a cohort of peers across three meetings to discuss how loss impacts our professional lives and learn helpful coping strategies.

Mar 5 | Working While Grieving

Mar 19 | The Impact of Grief on Work

Apr 2 | Support During Grief

Participants are expected to attend all three meetings.

WATCH

Managing Anxiety: Tools and Support

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

Mar 11 | 6-7 a.m. EST / 10-11 a.m. GMT (Times are EMEA region friendly)

Mar 30 | 3-4 p.m. EST / 7-8 p.m. GMT (Times are N. Amer. and LATAM region friendly)

Anxiety can be pretty uncomfortable. From worry thoughts to sweaty palms —the way it shows up can cause us to overlook an important fact about it. It's there to signal to us that we care about the future and want it to go well. When anxiety is at manageable levels, it can help us stay safe or boost our chances of success—the key is to learn how to cope with it. In this webinar, you'll learn tools to help you manage anxiety and learn when it can help to reach out for professional support.

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WATCH

Menopause and Mental Well-Being

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

Mar 18 | 6-7 a.m. EST / 10-11 a.m. GMT (Times are EMEA region friendly)

Mar 26 | 12-1 p.m. EST / 4-5 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

Menopause on its own is hard enough, but it often arrives at a time when life is already full of changes. You could be caring for aging parents, watching children leave home, taking on more at work—or maybe even all of the above.

The good news is, you don't have to go through it alone. This workshop will give you research-based strategies to strengthen your mental well-being during menopause, as well as offering information and resources to anyone who wants to support someone going through it.

WATCH

Women's Health: Care for Your Full Self

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

Mar 18 | 3-4 p.m. EST / 7-8 p.m. GMT (Times are N.Amer. and LATAM region friendly)

Women face unique challenges that affect their health every day. Unfortunately, these challenges aren't always openly discussed, leading some women to struggle in silence.

But it doesn't have to be that way. In this workshop, you'll learn more about the factors that impact women's health, explore common obstacles to wellness, and talk about tools you can use to care for yourself and support one another. Let's come together and give women's health the care and attention it deserves.

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DISCUSS

Psychological Safety at Work

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

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

Everyone has the right to feel safe and free to contribute at work. But that isn't everybody's reality. Some workplaces lack what experts call "psychological safety," or the ability to speak up without fear of consequences. Over time, this culture of silence can harm both individuals and the organization as a whole.

If you want everybody to succeed, psychological safety is key. Join this Gathering to discuss ways to boost safety and build more inclusive spaces for all.

DISCUSS

Women's Health: Mind, Body, and Soul

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

Mar 17 | 12-1 p.m. EST / 4-5 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

Mar 24 | 12-1 a.m. EST / 4-5 a.m. GMT (Times are APAC region friendly)

The female body goes through a ton of changes over the course of a lifetime. From hormonal shifts to infertility, pregnancy, menopause, and more, these changes become even more challenging if you're navigating an illness or chronic condition.

Join this Gathering to discuss the important connection between women's physical and mental health. We'll also cover ways to feel more empowered throughout your health journey—including how to advocate for yourself and practice self-care along the way.

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DISCUSS

Safety and Inclusion for Women at Work

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

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

Ruth Bader Ginsburg once said, “Women belong in all places where decisions are being made. It shouldn't be that women are the exception.” Yet, in many cases, they still are. Across industries, decision-makers are disproportionately male, a fact that ultimately holds all of us back.

Join this Gathering to discuss what the inclusion (and exclusion) of women in the workplace means for both organizations and individuals, plus ways to care for yourself while working for more equitable spaces.

DISCUSS

Coping with Critical Events

Mar 10 | 12-1 a.m. EST / 4-5 a.m. GMT (Times are APAC region friendly)

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

High Hurdles: Women of Color at Work

Mar 9 | 12-1 p.m. EST / 4-5 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

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

Women of color are often praised for their strength and compassion, especially when they take on extra tasks or emotional labor. But they aren't always recognized beyond their service to others. They're also more likely to deal with microaggressions and double standards, which can leave them feeling isolated and unsupported.

Join this Gathering for a candid conversation about navigating professional spaces as a woman of color, as well as ways to foster safety and inclusion in the workplace.

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DISCUSS

Caregiving for Someone with a Disability

Mar 10 | 12-1 p.m. EST / 4-5 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

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

Caregiving for someone with a visible or invisible disability is a labor of love, allowing us to access levels of connection we've never known before. Yet as rewarding as caregiving is, it can also be challenging and sometimes draining.

In this Gathering, we'll talk openly about the joys and challenges that come with caring for someone with a disability, and share helpful strategies for balancing your very real needs with the responsibilities of your role.

DISCUSS

Single Parenthood

Mar 11 | 12-1 p.m. EST / 4-5 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

Parenting is never easy, but when you're doing it on your own, caregiving can come with extra layers of stress—especially if you're managing with few resources and little, if any, support. When work gets added to the mix, it's no wonder so many single parents feel like they have no time for themselves.

If that sounds like you, you're not alone. Join this Gathering to connect with other single parents about the joys and challenges of parenthood and share strategies for prioritizing self-care.

DISCUSS

Disability Justice for All

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

Mar 26 | 3-4 p.m. EST / 7-8 p.m. GMT (Times are N.Amer. and LATAM region friendly)

There are unique difficulties that come with living with a disability, but one thing holds true—people are more than their disability or diagnosis. They are humans with complex lives worth sharing. Yet, our society often minimizes this truth, causing people living with a disability to endure a long history of being pushed to the margins.

Join us for this Gathering to discuss relevant issues related to disability and how to increase safety, access, and inclusion in the workplace.

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DISCUSS

Safety, Inclusion, and Muslim Identity

Mar 16 | 12-1 p.m. EST / 4-5 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

The Islamic world is made up of rich cultures and traditions, embodying qualities like resilience and joy. Yet Muslim identity comes with its challenges—throughout history, Muslims have faced intense periods of prejudice and persecution.

If you're Muslim in the U.S., you may know this struggle. Join this Gathering to talk about your experiences with others and discuss ways to enhance safety and inclusion in the workplace.

DISCUSS

Navigating Impostor Syndrome

Mar 17 | 3-4 p.m. EST / 7-8 p.m. GMT (Times are N.Amer. and LATAM 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.

DISCUSS

Practicing Full Presence

Mar 23 | 3-4 p.m. EST / 7-8 p.m. GMT (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.

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DISCUSS

Managing Workplace Anxiety

Mar 24 | 12-1 p.m. EST / 4-5 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

Anxiety looks different for everybody. It can cause a variety of symptoms, both mental (for example, difficulty concentrating) and physical (like shortness of breath). But whatever form it takes, it can leave you doubting yourself in spaces where confidence is most essential—like the workplace.

This experience is more common than you think. Join this Gathering to talk with others about strategies for managing anxiety at work, plus the importance of self-compassion in helping you move forward.

DISCUSS

Women in Leadership

Mar 17 | 6-7 a.m. EST / 10-11 a.m. GMT (Times are EMEA region friendly)

Mar 19 | 12-1 p.m. EST / 4-5 p.m. GMT (Times are N.Amer., LATAM, and EMEA region friendly)

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MEDITATE

Mindful Moments

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

Mar 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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