

July 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 three 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

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

Workplace Anxiety



Jul 15 - Aug 12 | 3-4 p.m. EDT / 8-9 p.m. BST (Times are N.Amer. and LATAM 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.

Jul 15 | Managing Workplace Anxiety

Jul 29 | Managing Workplace Expectations

Aug 12 | Navigating Impostor Syndrome

Participants are expected to attend all three meetings.

SERIES



Social Connection for New Employees

Jul 16 – Aug 13 | 12–1 pm EDT / 5–6 pm BST (Times are N. Amer., LATAM and EMEA region friendly)

Building social connections at work can be meaningful and worthwhile but may also come with unique challenges. Join a cohort of peers across three meetings to discuss tips for building the relationships you're looking for at work.

Jul 16 | Maintaining Mental Health During Career Changes

Jul 30 | Navigating Workplace Relationships

Aug 13 | Social Connection and Authenticity

Participants are expected to attend all three meetings.

WATCH

Giving Effective Performance Evaluations

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

Jul 31 | 3–4 p.m. EDT / 8–9 p.m. BST (Times are N.Amer. and LATAM region friendly)

Performance evaluations can be stressful for managers and employees alike—and knowing you have difficult feedback to share with a team member can make the anticipation that much worse. This workshop will help you feel grounded and prepared to lead performance conversations with honesty and empathy. The techniques we cover will help you navigate uncomfortable emotions, share constructive feedback, and lead a performance review confidently, all while motivating your team to give their best.

WATCH

More Balance, Less Perfectionism

Jul 10 | 12–1 p.m. EDT / 5–6 p.m. BST (Times are N.Amer., LATAM and EMEA region friendly)

Jul 23 | 12–1 a.m. EDT / 5–6 a.m. BST (Times are APAC region friendly)

Jul 29 | 6–7 pm EDT / 11 pm – 12 am BST (Times are N.Amer. and LATAM region friendly)

Real, sustainable success is not driven by overwork and perfection. Balance is important. Join this workshop to learn how and why some high-performance mindsets create unrealistic expectations and discuss ways to right-size your approach to work.

Confidential: This content is intended exclusively for Lyra Health members and may not be disclosed or shared with non-members.

DISCUSS

Coping with Critical Events

Jul 1 | 3-4 p.m. EDT / 8-9 p.m. BST (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.

This Gathering is intended for those who are coping with current critical events.

DISCUSS

Disability Justice for All

Jul 3 | 3-4 p.m. EDT / 8-9 p.m. BST (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.

DISCUSS

Practicing Full Presence

Jul 7 | 12-1 a.m. EDT / 5-6 a.m. BST (Times are APAC region friendly)

Jul 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.

This Gathering is intended for anyone who feels overworked, overstimulated, and needs a meditative break.

DISCUSS

Advocating for all Abilities

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

Did you know the largest minority group in the world is people living with a disability? There are unique difficulties that come with living with a disability. This includes enduring a long history of being silenced and ignored. It makes it critical to have those with ability privilege be supporters and advocates, especially at work.

Join us for this Gathering to talk about successes and lessons learned people have had on the path to advocating for those living with disabilities at work.

DISCUSS

Working with Chronic Illness

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

Many adults live and work with a chronic health condition. Yet, they navigate their health needs alone. Their experiences can make daily tasks challenging, especially for those who are just learning about their conditions. Navigating disclosure, self-advocacy, and accommodations can add to our workloads and take a toll on our mental health.

Join this Gathering to discuss issues experienced by people with chronic illnesses and how to increase safety and inclusion in the workplace.

DISCUSS

Exhaustion Isn't a Status Symbol

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

Jul 17 | 3-4 p.m. EDT / 8-9 p.m. BST (Times are N.Amer. and LATAM region friendly)

Renowned author and professor Dr. Brené Brown found that we often resist play and rest in our lives because we wear exhaustion and productivity as status symbols. This can be especially true at work.

Join this Gathering to discuss the ways that productivity and self-worth are tied together and the reality of perpetual exhaustion. We will also share ways to maintain self-care and boundaries in the workplace.

DISCUSS

Healthy Boundaries in the Workplace

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

Jul 23 | 6–7 a.m. EDT / 11 a.m.–12 p.m. BST (Times are EMEA region friendly)

If you find yourself staying up late to squeeze in a few more emails, or if your hard-earned PTO regularly turns into partial or full workdays, you might benefit from healthier boundaries in your work life. But how do you actually hold on to those boundaries, especially when you're living in a culture that prizes productivity?

Join this Gathering to discuss how to achieve a more sustainable work-life balance and brainstorm ways to set—and maintain—boundaries at work.

DISCUSS

Managing Caregivers

Jul 24 | 3–4 p.m. EDT / 8–9 p.m. BST (Times are N.Amer. and LATAM region friendly)

Employees in caregiving roles regularly balance work with personal responsibilities, which may not fit neatly into non-working hours. As their manager, you have the opportunity to create a supportive and motivating environment. Yet making it happen within your organization's structures can be challenging.

Join this Gathering to talk about how to balance caregivers' needs with company priorities—plus, how to take care of yourself along the way.

This Gathering is intended for people leaders.

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