

Keeping a finger on the pulse of your total wellbeing with resources from LifeWorks



Flexible Working

Flexible working has certainly taken on more meaning in recent years. Let us help you find ways to adjust, adapt, and thrive in a new or non-traditional work arrangement.



Making the Decision to Work Part Time

Employers in virtually all industries have become more open to part-time arrangements. Before you decide to work part-time, think about all the ways it will change your life, personally and professionally.

[Read More](#)

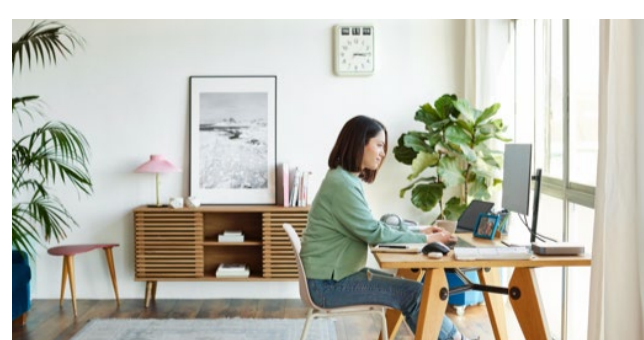


Managing Employees Who Work a Flexible Schedule or Remotely

Well-managed, flexible arrangements can lead to increased productivity and efficiency, as well as improved retention, and morale. Learn to handle the challenges that may come with flexible work schedules.

[Read More](#)

Exclusive for LifeWorks members



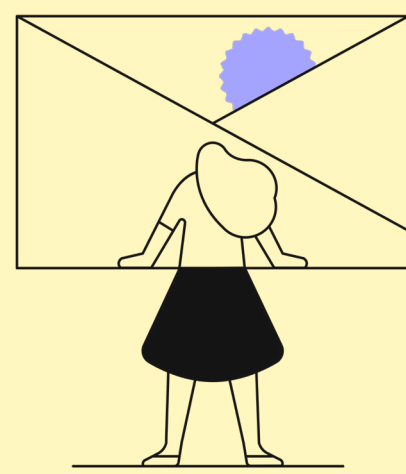
Making the Transition to Working from Home

[Access on LifeWorks](#)



Talking With Your Manager About Flexible Working

[Access on LifeWorks](#)



More to explore this month

LifeWorks Learning Presents

Depression and suicide: Creating hope through action

Featuring Mark Henick

September 7th, 2022 | 10am EST



- LifeWorks Learning presents a free webinar, **Depression and suicide: Creating hope through action**. On Sept 7th at 10:00 am EST. Join Mark Henick to learn about his experience with stigma and mental health care, as someone who has been a patient, a professional and a policy influencer. Register [now](#).
- We are excited to launch a new digital service: **LifeWorks CareNow Counsellor-Assisted**. Take advantage of self-directed wellbeing content and support from a counsellor via messaging for help as needed. You can access CareNow Counsellor-Assisted in the [Feel Supported](#) section of the LifeWorks platform.

New for LifeWorks Members

Click on the links below to access new or updated content on the LifeWorks platform

[If You've Been the Victim of a Theft or an Act of Vandalism](#)



Big brands, huge savings with LifeWorks Perks

Shop and save from the comforts of home on brands like Effy Desk, HP, Progressive Desk and many more. Available on the LifeWorks app.



[Access offers on LifeWorks](#)

Your organization's program may not include LifeWorks Perks. If unable to access, review your workplace benefits or speak to your Human Resources contact.

LifeWorks supports your total wellbeing. We're here 24/7 for confidential advice and support by app, web and phone.

Your organization's program may not include all of LifeWorks' services and features. To learn more, please log in with your LifeWorks account, review your workplace benefits, or speak to your Human Resources contact.

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