



**Member training:**

**How to Simplify Your Life**

**December featured training**

**How to Simplify Your Life.** With this training, participants will learn to identify personal barriers to living life simply through examining their inner beliefs. Highlights also include examinations of inner pressures and how excuse-making helps people avoid change.

**Participants will:**

* Define their values and beliefs.
* Identify methods for decluttering.
* Explore streamlining chores and commitments.
* Discuss the importance of supportive relationships.

Register for a live 1-hour training session or use the on-demand option to watch the training when it’s convenient for you. Training options are in English and available globally.

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| **Recorded sessions**  On demand  (no Q&A)  **[Watch here](https://optum.webex.com/webappng/sites/optum/recording/1f1004e747d0103cbbd7005056819ca2/playback)**  **Short on time?**  Watch the 10-minute summary    **[here](https://optum.webex.com/webappng/sites/optum/recording/bffc236047d7103cbff700505681b4d4/playback)** | **4th December**  07:00am-08:00am CST  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006TrgUQAS) | **6th December**  01:00am-02:00am CST  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006TrgZQAS) | **6th December**  1:00pm-2:00pm  CST  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006TrgeQAC) | **7th December**  11:00am-12:00pm CST  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006TrgjQAC) |

**Space is limited for the live training session options, so advance registration is required.**

**Get started**

This programme should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency

services phone number if you are outside the United States, or go to the nearest A&E. This programme is not a substitute for a doctor’s or professional’s

care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its

affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This programme and all its

components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior

notice. Experience and/or educational levels of Employee Assistance Programme resources may vary based on contract requirements or country

regulatory requirements. Coverage exclusions and limitations may apply.

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