



**Member training:**

**How to Simplify Your Life**

**December featured training**

**How to Simplify Your Life.** In this training session, participants will learn to identify their own barriers to living life simply by examining their inner beliefs. Highlights also include examining inner pressures and how excuse-making is used by people to avoid change.

**Participants will:**

* Define their values and beliefs.
* Learn decluttering methods.
* Explore how to streamline chores and commitments.
* Discuss the importance of supportive relationships.

Register for a live, one-hour training session or use the on-demand option to watch the training session when it’s convenient for you. The training session 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 of time?**  Watch the 10-minute summary    **[here](https://optum.webex.com/webappng/sites/optum/recording/bffc236047d7103cbff700505681b4d4/playback)** | **4th December**  13:00-14:00 GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006TrgUQAS) | **6th December**  07:00-08:00 GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006TrgZQAS) | **6th December**  19:00-20:00 GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006TrgeQAC) | **7th December**  17:00-18:00 GMT  (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 care provided by a doctor or other professional .Due to the potential for a conflict of interests, 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. their employer or health plan). This programme and all its components, in particular services to family members under the age of 16, might not be available in all locations and are subject to change without prior notice. The experience and/or educational levels of the Employee Assistance Programme resources may vary based on contractual or country-specific regulatory requirements. Coverage exclusions and limitations may apply.

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