Relationships

Strong relationships help us stay happier and healthier well into old age, and especially during tough times. It’s true at work, and it’s true in our personal lives. Whether you could use help resolving a conflict with a co-worker or an issue with a friend or your partner, whether you’re dealing with the empty nest or are feeling alone in a new community, LifeWorks is here to help. Contact a consultant today for guidance and support.

We also offer helpful online resources such as these:

- A new podcast, *Workplace Manners*, featuring a business etiquette expert who shares tips on everything from e-etiquette to how to dress to how to act in professional settings.
- Infographics on *How to Hold a Family Meeting* and *Getting Along with Co-Workers*.
- Articles such as *Building a Productive Relationship with Your Manager; Communicating as a Couple; Friends, Relationships, and Building a Community in your 20s and 30s*; and *Keeping Relationships Strong as we Age*.

Call LifeWorks at 888-267-8126 anytime.
En español: 888-732-9020, TTY: 800-346-9188
You can also visit [www.lifeworks.com](http://www.lifeworks.com) (username: temple; password: eap).