



Coaching up at work: How to advocate for yourself to succeed

Speaking up at work can feel uncomfortable – even when you know it would help you perform your best. So how do you communicate your needs in a way that strengthens relationships rather than straining them?

Join Canada Life and Workplace Strategies for Mental Health's new webinar, ***Coaching up at work: How to advocate for yourself to succeed*** – a live, interactive public webinar on May 6, 2026*.

Invite your colleagues, friends and family to join ([Click here](#) for the event and calendar link).