



## 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 at 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 for ***Coaching up at work: How to advocate for yourself to succeed*** – a live, interactive public webinar being held on May 6, 2026\*.

Invite your colleagues, friends and family to join ([Click here](#) for the event and calendar link). When it's time to watch, select the link found in your calendar event.

This webinar will be recorded for future reference or just in case you can't watch live. To find the recording:

- Add the event to your calendar and visit the link in the event an hour after the webinar.
- Subscribe to the [WSMH YouTube page](#) and find it there a few weeks after the live event.