



Introducing LifeSpeak's new look!

Explore the new and
improved platform now!

LifeSpeak is excited to invite you to discover the all new LifeSpeak platform! Find all the same great content that you know and love - we've just made it easier to use with an even better user experience.



Check out your new LifeSpeak platform now!

Because we are excited to share this new platform with you, we are adding new videos to your library! New topics include family relationships, managing conflict, food and fitness myths, financial health, and more. Click on any of the thumbnails below to start watching.



Breaking the stress-sleepless cycle



The impact of fitness on your
general health



Keeping a healthy gut



Supporting loved ones through
periods of loneliness



What exactly is self-esteem?



Unhealthy behaviors in times of
uncertainty

Access from any computer or mobile device:

URL <https://sha.lifespeak.com>

ACCESS ID lifespeak