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TIAA ON-DEMAND WEBINAR LIBRARY

Navigating life's financial milestones

Our collection of on-demand videos covers financial topics from foundational to advanced. They offer practical solutions to help navigate your finances so you can learn how to save, manage, and protect your money. Family members and friends can also view TIAA webinars by registering as guests.

tiaa.org/webinars

Save for your goals	
Investing essentials: Five principles to invest with confidence	Get a head start on smart, secure investing with simple principles.
Charting your course: A woman's financial guide	Jump-start your financial journey. We'll help you discover how to make your money work for you.
Myth-busting: Planning and managing healthcare expenses	Learn more about your Medicare, Health Savings Account, and long-term care benefits for today and tomorrow.
Build smart financial habits for success	Kick-start your financial journey—learn to set goals, budget, manage emergencies, and build lasting money habits for lifelong financial health.

Investing for beginners: Starting your wealth journey	Learn investing basics to grow your money—no matter the amount—by making time your biggest asset, now and for the future.
What is an annuity? Know the basics	Discover how annuities manage retirement risks and build lasting financial security. Plus, uncover common myths for a clearer understanding.
What you need to know about Social Security	Discover Social Security essentials and strategies to help maximize retirement income, including spousal, survivor, and disability benefits.
Health Savings Accounts (HSAs)	Learn how Health Savings Accounts (HSAs) can help you save while you're working so you can pay for qualified medical expenses, now and in retirement.

Manage your finances

How to get the most from your employee retirement plan	Let's talk tips for optimizing your retirement savings. The decisions you make (or don't make) can really add up in the future.
How can I afford college for my kids or grandkids?	Discover strategies you can use to save and pay for college—even if it feels impossible today.
Take control of your financial life: Five steps to save money and manage debt	Uncover how to set goals, balance your budget, and use debt wisely.
Planning for life milestones	From marriage to the loss of a loved one, ensure you're prepared for steps in your life's journey.
Navigating the sandwich generation: Financial strategies for the caregiving squeeze	Learn how to manage caring for your aging parents while supporting your adult children. It can be done.
How to get the most out of your retirement income	Discover how to maximize your retirement income to ensure your financial security doesn't stop when you stop working.
What no one ever told you about job pay and benefits	Starting your first job? Gain clarity on paychecks, taxes, and benefits to make better informed financial decisions.
What you need to know about credit and debt	Learn how to use credit and debt wisely to boost your finances and avoid costly mistakes that can lead to financial stress.

Smooth transitions: Financial tips for job change	Learn how to navigate job changes, manage your finances, and build a plan for long-term financial security and confidence.
Money psychology: Beyond the numbers	Explore how emotions, biases, and human behavior impact financial decisions—and how to align choices with your long-term goals.
Yours, mine, ours: Finances for blended families	Navigate the financial complexities of blended families—budgeting, planning, and aligning goals to build a secure future together.
Understanding required minimum distributions (RMDs)	Learn how required minimum distributions (RMDs) work, when they apply, and how to avoid penalties to make the most of your retirement savings.
Finance for new grads	Build smart money habits from day one—learn to manage benefits, budget wisely, and plan for long-term financial success.

Protect your future

Steps to help secure your income in retirement: A mid-career check-in	Take stock of where you are at this critical checkpoint and use retirement-saving strategies to better balance competing financial priorities.
Set your retirement date: Understand the factors to get you to your goal	Whether you plan to retire today or 30 years from now, it's never too early—or too late—to design the life you want. Let's explore the steps to getting you there.
Family wealth education	Family wealth includes more than just economic resources. The plan should also contemplate your family's values, experiences, and passions.
Don't get hacked: Steps to protect yourself online	Learn useful tips for spotting scams and safeguarding your personal information.
How longevity affects financial planning and family caregiving	With life expectancy growing, we explore the financial realities of caregiving and the actions families, employers, and policymakers can take to address this critical issue.
Social Security	Social Security will likely play a significant role in your retirement income. Learn the basics about Social Security, including how your benefit is calculated and strategies for claiming benefits.

Naming your beneficiaries: Why it matters	TIAA will help you make an informed decision based on legal issues, financial goals, and personal wishes.
Managing you finances during and after divorce	Guidance on navigating divorce with confidence—manage assets, update plans, and rebuild your financial future with clarity and control.
Identity theft: Safeguarding your finances	Protect yourself from identity theft—learn how it happens, how to prevent it, and what to do if you're targeted.
More to learn	
Your guide to living well in retirement	You can thrive in retirement. Let's explore strategies and tips to get you there.
Live long and prosper: Your guide to understanding longevity	Learn how to think about your longevity across financial, physical, mental, and social dimensions; longevity's impacts on financial caregiving; and how having longevity literacy can affect your retirement planning and saving decisions.
Quarterly market and economic update	Hear from the experts in our Wealth Chief Investment Office about key drivers of the markets and economy that are impacting investors.
Retirement planning across generations and demographics: Navigating the big decisions	Retirement planning involves important calculations, from how much to save to when to retire. Learn how a diverse set of Americans are navigating these choices and their implications.
Tips for working with a financial professional	Learn how to select the right financial professionals, communicate effectively with them, and make the most of your collaboration to achieve financial success.
Financial wellness and mental health: Insights from the TIAA Institute	Examine the relationship between mental health and financial decisions to help you reach your goals.

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Retirement paycheck refers to the annuity income received in retirement. Guarantees of fixed monthly payments are only associated with TIAA's fixed annuities. Any guarantees under annuities issued by TIAA are subject to TIAA's claims-paying ability.

The webinar curriculum is subject to change, and not all topics may be offered each year.

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