

Register for TIAA's live webinars

Learn how you can take action for a more secure future. Reserve your spot now or visit TIAA.org/webinars at any time to register. These webinars are part of your retirement plan benefits.

Oct. 4
Noon to 1 p.m. (ET)
11 a.m. to noon (CT)
10 to 11 a.m. (MT)
9 to 10 a.m. (PT)

Quarterly economic and market update: understanding volatility and recent trends

Hear from our chief investment officer about challenges investors are facing and tips on how to navigate them. This includes the state of the U.S. economy and key market drivers, recent financial policies and politics and investing in public markets.

Oct. 11
3 to 4 p.m. (ET)
2 to 3 p.m. (CT)
1 to 2 p.m. (MT)
Noon to 1 p.m. (PT)

Invest for success: 5 principles you need to know

No matter where you are in your career journey, this webinar can help you understand the key principles of investing for retirement. This includes compounding, taxes, choosing investments and more.

Oct. 19
2 to 3 p.m. (ET)
1 to 2 p.m. (CT)
Noon to 1 p.m. (MT)
11 a.m. to noon (PT)

Generative AI Cybersecurity: New Insights and Actions to Strengthen Security and Boost Productivity

Hear from cybersecurity leaders who will share the latest insights on AI cyberattacks and steps professionals can take to avoid these crimes. This includes the latest higher education and government initiatives focused on generative AI cybersecurity.

Oct. 25
11 a.m. to noon (ET)
10 to 11 a.m. (CT)
9 to 10 a.m. (MT)
8 to 9 a.m. (PT)

Maximize your Health Savings Account (HSA): contributions are more powerful than you think

HSAs can do more than cover current healthcare expenses. Learn how this unique fund can support your needs over time. This includes tax advantages and what your funds can be used for today and in the future.

RESERVE YOUR SPOT



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Quarterly economic and market update

Understanding volatility
and recent trends



Featured speaker

**Niladri "Neel"
Mukherjee**

Wealth Management
Chief Investment Officer,
TIAA

**If you want in-depth
market insights, this
webinar is for you!**

Wednesday, Oct. 4

Noon to 1 p.m. (ET)
11 a.m. to noon (CT)
10 to 11 a.m. (MT)
9 to 10 a.m. (PT)

REGISTER NOW

Hear from our chief investment officer about challenges investors are facing and tips on how to navigate them.

We'll share our views on:

- The state of the U.S. economy and key market drivers
- Recent financial policies and politics
- Investing in public markets

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Invest for success

5 principles
you need to know



Featured speaker

Kevin Collins

Financial Consulting
Director, TIAA

**If you want to potentially
boost your long-term
financial security, this
webinar is for you!**

Wednesday, Oct. 11

3 to 4 p.m. (ET)

2 to 3 p.m. (CT)

1 to 2 p.m. (MT)

Noon to 1 p.m. (PT)

REGISTER NOW

No matter where you are in your career journey, this webinar can help you understand the key principles of investing for retirement. From compounding to taxes to choosing investments, you'll learn that how you invest for retirement is just as important as how much you save.

We'll talk about how you can:

- Take advantage of time
- Make use of tax-advantaged saving options
- Commit to regular contributions and stick to them
- Choose an appropriate investment mix
- Review your strategy and investments regularly

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Generative AI Cyber Security

New insights and actions to strengthen security and boost productivity



Featured speakers

Julie Moog

Managing Director,
Executive Information
Security Manager, TIAA

Steve Foster

Senior Cloud Security
Architect, TIAA

**If you're concerned about
identity theft, this webinar
is for you!**

Thursday, Oct 19

2 to 3 p.m. (ET)

1 to 2 p.m. (CT)

Noon to 1 p.m. (MT)

11 a.m. to noon (PT)

REGISTER NOW

Join cybersecurity leaders from TIAA's Cybersecurity and Fraud Management Organization for a webinar panel when they'll share the latest insights and actions regarding:

- Threats and generative AI cyberattacks targeting higher education and other industries
- Steps professionals can take to avoid these crimes while saving time and boosting productivity
- Initiatives from government and higher education focused on generative AI cybersecurity and cyberattacks

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Maximize your Health Savings Account (HSA)

Contributions are more
powerful than you think



Featured speaker

Kendra A. Smith

Senior Director, Individual
Retirement Solutions Product
Management, TIAA

**If you want to save more
for your future, this
webinar is for you!**

Wednesday, Oct. 25

11 a.m. to noon (ET)

10 to 11 a.m. (CT)

9 to 10 a.m. (MT)

8 to 9 a.m. (PT)

REGISTER NOW

HSAs can do more than cover current healthcare expenses. Learn how this unique fund can support your needs over time.

We'll explain how an HSA can be used for:

- Tax advantages
- Healthcare expenses up to a certain age
- Healthcare and other expenses after a certain age

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Nov. 1
 Noon to 1 p.m. (ET)
 11 a.m. to noon (CT)
 10 to 11 a.m. (MT)
 9 to 10 a.m. (PT)

Prepare for your future: A guide to saving and investing

Developed with women in mind, or for anyone interested in making a comprehensive plan! This webinar covers core concepts of investment strategies, taking on life's challenges, a financial personality type quiz and goal setting.

Nov. 2
 3 to 4 p.m. (ET)
 2 to 3 p.m. (CT)
 1 to 2 p.m. (MT)
 Noon to 1 p.m. (PT)

Create a legacy: Your guide to charitable giving

Understand the strategic differences between gifting during life or at death, the tax impacts of each and how to maximize your charitable donations. This webinar offers tips for choosing organizations to benefit and determining what asset type to donate.

Nov. 8
 2 to 3 p.m. (ET)
 1 to 2 p.m. (CT)
 Noon to 1 p.m. (MT)
 11 a.m. to noon (PT)

Take control of your financial life: 5 steps to managing money and debt

Learn how to manage your money and balance your priorities so you can enjoy life now and save for the future. This webinar covers balancing income and expenses, creating a spending plan, debt strategies and building your credit score.

Nov. 15
 Noon to 1 p.m. (ET)
 11 a.m. to noon (CT)
 10 to 11 a.m. (MT)
 9 to 10 a.m. (PT)

Invest for success: Fine-tuning your retirement strategy

If you're in or near your peak earning years, move beyond the basics to build a secure retirement. This includes adopting a saving lifestyle, avoiding pitfalls that can sabotage your saving and planning carefully before retiring.

RESERVE YOUR SPOT



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Prepare for your future

A guide to saving and
investing



Featured speaker

Shelly Eweka

Managing Director
Executive Information
Security Manager, TIAA

**If you want to build an
investment strategy, this
webinar is for you!**

Wednesday, Nov. 1

Noon to 1 p.m. (ET)

11 to noon (CT)

10 to 11 a.m. (MT)

9 to 10 a.m. (PT)

REGISTER NOW

If you're interested in saving more, this webinar is filled with tips, tricks and investing and saving strategies. Developed with women in mind, or for anyone interested in making a comprehensive plan!

We'll help you understand:

- The core concepts of investment strategies
- How to take on life's challenges without damaging your financial well-being
- Your financial personality type based on a simple quiz
- How to break down goals into smaller, achievable steps

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Create a legacy

Your guide to charitable giving



Featured speakers

Teresa Malmstrom and Tamara Telesko
Wealth Planning Strategies, TIAA

If you want your gifts to go further, this webinar is for you!

Thursday, Nov. 2
3 to 4 p.m. (ET)
2 to 3 p.m. (CT)
1 to 2 p.m. (MT)
Noon to 1 p.m. (PT)

REGISTER NOW

If you're interested in sharing your wealth, this webinar is for you! We'll explain the strategic differences between gifting during life or at death, the tax impacts of each and how to maximize your charitable donations.

We'll help you think through:

- Which organizations to benefit
- What asset type to donate, and when and how to give it
- Tax considerations based on gift type or recipient

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Take control of your financial life

5 steps to managing
money and debt



Featured speaker

Mark Schrader

Advice and Financial Planning
Strategist, TIAA

**If you want to lay
the foundation for
financial well-being,
this webinar is for you!**

Wednesday, Nov. 8

2 to 3 p.m. (ET)

1 to 2 p.m. (CT)

Noon to 1 p.m. (MT)

11 a.m. to noon (PT)

REGISTER NOW

If you're just starting out or want to improve your day-to-day financial skills, this webinar will help you learn how to manage your money and balance your priorities so you can enjoy life now and save for the future.

We'll discuss how to:

- Balance income and expenses
- Prioritize your spending
- Create a spending plan
- Use debt wisely
- Get your debt under control
- Build your credit score

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Invest for success

Fine-tuning your
retirement strategy



Featured speaker

Dan Ruppel

Advice and Financial Planning
Strategist, TIAA

**If you want to learn
how to increase your
retirement saving, this
webinar is for you.**

Wednesday, Nov. 15

Noon to 1 p.m. (ET)

11 a.m. to noon (CT)

10 to 11 a.m. (MT)

9 to 10 a.m. (PT)

REGISTER NOW

If you're in or near your peak earning years and want to do all you can to build a secure retirement, this webinar is for you. We'll move beyond investing basics to help you fine-tune your saving and investing strategies for retirement.

We'll discuss how to:

- Adopt a saving lifestyle
- Invest for the long term
- Avoid pitfalls that can sabotage your saving
- Plan carefully before retiring
- Get help with your planning

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Dec. 5
3 to 4 p.m. (ET)
2 to 3 p.m. (CT)
1 to 2 p.m. (MT)
Noon to 1 p.m. (PT)

Live with confidence in retirement: 5 steps to creating your retirement income plan

Prepare your retirement income plan with the help of these five steps! These include estimating expenses, understanding income sources, building a strategy for lifetime income, withdrawing retirement assets and other planning tips.

Dec. 7
Noon to 1 p.m. (ET)
11 a.m. to noon (CT)
10 to 11 a.m. (MT)
9 to 10 a.m. (PT)

Make the move toward long-term financial security: Your midcareer retirement check-in

Review your retirement plan to make sure you're on the path to lifelong financial security! This webinar includes considering your priorities, putting together a spending plan and knowing the ways to save, all while juggling current financial demands.

Dec. 12
2 to 3 p.m. (ET)
1 to 2 p.m. (CT)
Noon to 1 p.m. (MT)
11 a.m. to noon (PT)

Write your next chapter: 5 steps to setting your retirement date

Set your retirement date with the help of these five steps! These include estimating retirement expenses, closing any income gaps, understanding key milestones that can impact your retirement finances and protecting your savings.

Dec. 13
Noon to 1 p.m. (ET)
11 a.m. to noon (CT)
10 to 11 a.m. (MT)
9 to 10 a.m. (PT)

Establish your retirement plan: A start-to-finish guide

Developed with women in mind, or for anyone who wants to think ahead about their finances! This webinar will help you understand your income inflow and outflow and how to balance them, saving strategies and creating a solid foundation for financial well-being.

RESERVE YOUR SPOT



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Make the move toward long- term financial security

Your midcareer
retirement check-in



Featured speaker

Michelle Szczepanski

Senior Business Management
Specialist, TIAA

**If you're halfway to
retirement, this webinar
is for you.**

Thursday, Dec. 7

Noon to 1 p.m. (ET)

11 a.m. to noon (CT)

10 to 11 a.m. (MT)

9 to 10 a.m. (PT)

REGISTER NOW

For anyone halfway down the road to retirement, this webinar is a critical checkpoint. It reviews the keys to successful money management and shows you how to juggle current financial demands with future retirement saving strategies. The goal is to make sure you're on the path to lifelong financial security.

We'll help you prepare by discussing how to:

- Understand what you're aiming for
- Consider your priorities
- Put your spending plan together
- Know the ways to save
- Plan now for lifetime income

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Write your next chapter

5 steps to setting
your retirement date



Featured speaker

Hank Conway

Senior Director, Wealth
Management, TIAA

**If you're starting
to think about your
retirement, this
webinar is for you!**

Tuesday, Dec. 12

2 to 3 p.m. (ET)

1 to 2 p.m. (CT)

Noon to 1 p.m. (MT)

11 a.m. to noon (PT)

[REGISTER NOW](#)

For anyone starting to think seriously about when to retire, this webinar takes you through five steps for deciding when the time is right. This includes estimating retirement expenses, closing any income gaps and understanding key milestones that can impact your retirement finances.

We'll help you think through how to:

- Estimate what you'll need
- Estimate what you'll have
- Adjust as needed
- Consider key milestones
- Protect your savings

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