



2020 | Webinars on Demand

Available On Demand		Title	Description
Jan	21st	Your Financial Check-Up	This “financial check-up” will guide you through the necessary steps to help you meet your financial goals.
Feb	18th	Managing Workplace Stressors	Learn strategies to address and manage workplace stressors effectively and professionally.
Mar	17th	Planning For Professional Growth	Discuss the four stages of professional development and gain access to tools to develop a self-assessment plan to help you guide your career path.
Apr	21st	Effective Communication With Children	Learn about different communication styles and how to communicate effectively with children of all ages.
May	19th	Accepting Aging: Yourself And Others	Examine “normal” age-related changes and identify ways you can come to terms with your own aging.
Jun	16th	Say What You Mean The Right Way	Identify barriers to clear communication and learn how to communicate more effectively.
Jul	21st	Explore New Horizons And Expand The Mind	Identify strategies to be more effective at home and at work. Discover the possibility and promise of seeking and exploring new horizons.
Aug	18th	Outsourcing Your To-Do List	Learn to outsource the more thankless chores so you can invest time in more meaningful and fulfilling activities.
Sep	15th	The Secret To Work-Life Balance	Uncover the secret to securing a healthy work and family balance.
Oct	20th	The Mental Strength Workout	Learn skills and strategies to exercise the power of your mind and increase your mental fortitude.
Nov	17th	Building Resilience Muscles	Build resilience by understanding yourself and identifying the mental obstacles that get in your way.
Dec	15th	Know Your Strengths	Explore how confidence and a strengths-mindset can enable you to respond more creatively to challenges.

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