

# 2021 Webinars on Demand

January 19	<b>Reframing Your World</b>	Discover the practical ways to reframe your perspective to live a more present and positive life.
February 16	<b>Setting Goals</b>	Learn how to strategically set short-term and long-term goals to help you succeed in all areas of your life.
March 16	<b>Planning for Success</b>	Explore the secrets behind being more organized and more efficient to help combat and reduce overwhelm.
April 20	<b>Financial Security</b>	Understand the practical ways you can feel more secure and more stable in your finance management.
May 18	<b>Addressing Anxiety</b>	Learn how to recognize and manage anxiety to actively combat the physical and mental effects in a practical way.
June 15	<b>Healthy Relationships</b>	Identify the ways to build and maintain healthy relationships with those around you, with a focus on the importance of boundary setting.
July 20	<b>Summer Holiday</b>	Learn some straightforward and effective ways to make the most of your summer holiday and maximize the moments and memories for you and your family.
August 17	<b>Building Confidence in Children</b>	Attain the skills and insight to boost your children's confidence and self-esteem and help them to become empowered and resilient adults.
September 21	<b>Being Present</b>	Discover the key to being more present and actively taking the time to digitally disconnect to spend quality time with those around you.
October 19	<b>Embracing Differences</b>	Learn about how to live and work in a way that is respectful, kind, and embraces diversity in all walks of life.
November 16	<b>Caring for Our Elders</b>	Find out more about the aging process and how to both practically and emotionally care for elderly relatives.
December 21	<b>Making Time to Make a Difference</b>	Understand the small but powerful ways that everyone can 'pay it forward' and make a difference to the lives of others.

## Accessing Webinars On Demand

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