Monthly webinars

Transitions: Path to personal growth – January 6 @ 3 p.m. ET
Life is full of transitions. They can be scary, exciting and fulfilling. Join this webinar to consider:
• How transitions are different from changes
• The different stages of transition
• Ways to cope, adapt and benefit from transitions

Learning to say "no": an important life skill – January 13 @ 3 p.m. ET
Do you feel obligated to say yes? If so, this webinar is for you. We’ll discuss:
• How to say “no” without feeling bad or hurting others
• Understanding why you agree to things you don’t want to do or don’t have time for
• How to set boundaries with others by saying “no” and feeling good about it!

Building self-esteem in children – January 20 @ 3 p.m. ET
What’s the single most valuable gift parents can give their kids? A strong sense of self-esteem. Join this webinar to learn:
• Why self-esteem is so important for your children
• How your children’s self-esteem influences their behavior, school performance, friendships—as well as careers, relationships and day-to-day life beyond childhood
• Specific ways you can help boost your children’s self-esteem

Becoming aware of your emotional intelligence – January 27 @ 3 p.m. ET
It’s important to be aware of your emotions and know how to manage them. In this webinar you’ll learn:
• The characteristics of someone with high emotional intelligence (EI)
• How to develop your EI
• Ways to manage emotions