

## Intuition: Trusting your inner voice– May 11<sup>th</sup> @ 3 p.m. ET



What do Oprah Winfrey and Steve Jobs have in common? They both credit their intuition for their success. When used correctly, your inner voice can work like a personal compass, pointing you in the right direction. This webinar will review:

- The science behind your intuition
- How to tune into your inner voice
- When to listen to your gut (and when not to)

## Caregiving: The challenges and rewards– May 18<sup>th</sup> @ 3 p.m. ET



Caring for another person – whether a relative, spouse, partner or friend – can be physically and emotionally draining. However, it can also offer rewards. Join this webinar to learn more about how to manage your caregiving role to achieve better balance and maintain your wellbeing. Learn about:

- The stresses of caring for another person
- The benefits caregivers can get from their task
- How and why caregivers need care too

## Putting kids first: Co-parenting with your ex– May 25<sup>th</sup> @ 3 p.m. ET



Research shows that co-parenting effectively leads to happier and more well-adjusted children. The key is to focus on the children and not your feelings about your ex. However, this may not be easy! Join this webinar to learn:

- What exactly is co-parenting?
- Tips on how to co-parent
- How to handle bumps in the road