

Pennywise: Everyday budgeting and saving – Jan 4th @ 3 p.m. ET



Bills, savings, retirement – Sometimes it feels like there's never enough money to go around. Come to this webinar to learn tips to make your money stretch a little farther so you can accomplish your financial goals.

- Set your financial goals
- Find out where you stand
- Develop tools to become a smarter spender

Being your best self: Self-esteem for adults – Jan 11th @ 1 p.m. ET



Do you put yourself down even when praised, see your efforts as never quite “good enough” or doubt your decisions most of the time? If so, it could be low self-esteem that causes you to be extra hard on yourself. Even as grown-ups, feeling confident and secure can be a challenge at times. Join us to learn about adult self-esteem and get tips on how to improve how you feel about you!

No excuses! Get beyond the IFs and BUTs – Jan 23rd @ 3 p.m. ET



Walt Disney said “If you can dream it, you can do it.” That worked for him. But how many of us get bogged down in all the reasons why we just don't think we can succeed? Join this webinar to learn:

- How the “ifs” and “buts” can keep you paralyzed
- Why fear is so powerful
- Ways to tame fears and excuses—and rise above them

Good humor = good health and more – Jan 30th @ 3 p.m. ET



Does it help to have a sense of humor? The overwhelming answer is yes! Join this webinar to learn some of the benefits of seeing the lighter side like:

- How laughter decreases stress
- How humor can help overcome conflict
- Why laughter really is the best medicine