

Learning to say "no": An important life skill – March 9th @ 3 p.m. ET



Do you feel obligated to say yes? If so, Join this webinar to learn:

- * How you can say “no” without feeling bad or hurting your friends, family or co-workers
- Why you might agree to do something you don’t want to or don’t really have time
- How to assert your boundaries with others by saying “no” and feel good about it!

Raising resilient teens – March 14th @ 3 p.m. ET



Parenting teens comes with its own set of challenges. And as you prepare to launch them into adulthood, you want them to thrive - even when times are tough. This webinar will review:

- * The importance of resilience
- * How you can help your child build skills for resilience
- * Ways to care and cope as a parent

Change: How to adapt, cope and respond – March 23rd @ 3 p.m. ET



Change is the one constant in our lives. So why is change always so hard? This webinar is intended to provide you with a basic understanding of how you can navigate all this change!

- * Impact of change
- * Phases of change
- * Tools to cope with change

The power of positive thinking – March 28th @ 1 p.m. ET



Do you tend to be a positive or a negative thinker? Join this webinar to learn the differences between positive and negative thinking and what the traits to each are. We will discuss how to turn that negative thinking into positive thinking!