

Holiday stress: What to expect and how to cope – Nov 2nd @ 3 p.m. ET



The holidays are upon us and most people are feeling the extra stress and tension. Join this important webinar to get ideas on how to manage the pace of the next few months ... and enjoy your holidays!

- Causes of holiday stress
- Demands of holiday season
- Tips for managing your expectations and stress level for a happier holiday time!

Giving the gift of forgiveness – Nov 9th @ 1 p.m. ET



Let's face it - Being angry at someone can feel good. But holding onto anger can also damage our health. So how do you forgive someone without setting yourself to get hurt again? Join this webinar to learn:

- The definition of forgiveness
- The benefits of forgiving
- Steps to forgive

Think yourself healthy - Nov 14th @ 3 p.m. ET



How important is your thinking? Does your attitude really matter? Join this webinar to learn about:

- How your thoughts can impact your overall wellbeing
- The power of visualization
- Tips to improve your health and happiness

Your body language speaks volumes – Nov 28th @ 3 p.m. ET



Communication is important. But are you missing an important part of it? Join us to learn how you can use the power of body language to understand others and send the message you want. We'll discuss:

- The power of non-verbal communication
- How you can better understand others' feelings
- Ways you can use your body language to your advantage