

Challenges of working parents – March 6th @ 3 p.m. ET



Did you know that both parents work in over half of two-parent households? This statistic is even higher for single caregivers. Join this webinar to learn about how to stay sane and keep a work-life balance. We will discuss:

- Time management tips
- How to prep and plan
- Divide and conquer
- Making time for you

Apologizing: What, when and how – March 13th @ 3 p.m. ET



We all make mistakes. And it's important to know when you owe an apology to someone you may have hurt -- even accidentally. Join this webinar to learn more about apologies including:

- What makes it so hard to apologize at times
- When and how to apologize
- How apologies impact relationships

Stop to smell the roses: Finding joy in life – March 20th @ 3 p.m. ET



If you're like most people, you spend most of your time rushing around and feeling stressed out. You might find that you're missing opportunities to enjoy everything you've got. There's new research about the science of being happy and how to get happier. This webinar will discuss:

- The science of happiness
- Happiness myths
- Skills to increase your happiness quotient

Overcoming the fear of failure – March 29th @ 3 p.m. ET



The fear of failure is very common. In fact, so many people worry about failing that they don't achieve anywhere near their real potential. Join this webinar to learn about:

- The roots and symptoms of this fear
- How it can impact your career, relationships and other areas of your life
- Specific steps you can take to tame your fear of failure and enjoy more success!