

## Stop to smell the roses: Finding joy in life – Aug 2<sup>nd</sup> @ 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

## Surviving the college application process – Aug 7<sup>th</sup> @ 3 p.m. ET



Is your child applying or getting ready to apply to college? If so, hang on for an exciting—and challenging—experience. As parents of college-bound kids, you need to be ready to empathize, listen, set boundaries and be ready to help—when your kids want your help!

- Learn the risks of being a helicopter parent
- Find out how to give support without taking on the responsibilities
- Help your child grow through this process rather than just get into college

## Launching your children into adulthood – Aug 14<sup>th</sup> @ 3 p.m. ET



Sending your kids off into the “real world” is one of the hardest parts of parenting. Join this webinar to find out why and to learn some strategies to make it easier on yourself and your children.

- See what's really going on as our children become adults
- Learn about the mixed emotions everyone feels
- Get tips for giving your children what they need to grow and go (and what you need so you can set them free)

## Networking for career development – Aug 21<sup>st</sup> @ 3 p.m. ET



There's a famous saying, "It's not what you know, it's who you know." Networking can help you share ideas, information and opportunities. This webinar will discuss:

- Why networking matters
- Tips to build your network
- Ways to overcome networking discomfort

## Giving the gift of forgiveness – Aug 28<sup>th</sup> @ 3 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