

Holiday stress: What to expect and how to cope – Nov 5 @ 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!

Building self-esteem in children – Nov 14 @ 3 p.m. ET



What's the single most valuable gift parents can give their kids? A strong sense of self-esteem. Join this webinar to learn:

- Why self-esteem is so important for your children
- How your children's self-esteem influences their behavior, school performance, friendships — and life beyond childhood
- Specific ways you can help boost your children's self-esteem

Learning the art of small talk – Nov 19 @ 3 p.m. ET



Do you find yourself feeling awkward in social settings where making small talk is key? Join this webinar to talk about:

- How to begin a conversation
- How to continue the conversation
- The role of body language
- How to control anxiety in social situations