

How small changes can lead to big results – Sept 3 @ 3 p.m. ET



Often we're focused on "all or nothing." And this line of thinking can make us want to give up before we even get started. But what if you don't have to overhaul your life and habits to achieve the results you really want? This webinar will review:

- Why making any changes is hard
- How your thinking creates your results
- Why consistent action is key to success

Making time for me: Finding work-life balance – Sept 17 @ 3 p.m. ET



If you're like most people, you juggle a lot of roles. You may have demands from work, family and friends. But what about you? When do you make time for yourself? This webinar will discuss:

- How work and life imbalance causes stress
- Why you need "me time"
- Tips for making time for yourself

Launching your children into adulthood – Sept 24 @ 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.

- Find out 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)

Finding comfort beyond the comfort zone – Sept 29 @ 3 p.m. ET



Does the idea of taking a risk in your work or personal life frighten you? If so, you're not alone.

- Learn more about the boundaries of our own comfort zone
- Consider what factors may be keeping you from trying new things
- Get ideas on ways to nudge yourself to take on reasonable risks