

Putting play into your daily life – Feb 6 @ 3 p.m. ET



Do you feel like all you do is work? Do you want to put more fun into your life? This webinar will review:

- Why it's important to have fun
- How to be more spontaneous
- Provide you with ideas for individual and family play

All work and no play: Avoiding burnout – Feb 13 @ 3 p.m. ET



- Are you exhausted all the time?
- Do you find that most of your tasks either bore or overwhelm you?
- Do you feel like nothing you do makes a difference or is appreciated?

You could be suffering from burnout—a state of mental, emotional and physical exhaustion. Attend this webinar to learn more about how to handle your needs and rekindle your energies.

Ways to console someone who is grieving – Feb 20 @ 3 p.m. ET



Do you feel a bit tongue-tied around someone who is grieving? Many people do. There's no sure fire way to solve this issue, but there are some basics to know about helping people who are grieving. Join this webinar for tips on:

- What a grieving person may want – and probably doesn't want – to hear
- How to interpret another person's grief reaction
- Ways to feel more at ease around a person who's experiencing grief

How small changes can lead to big results – Feb 27 @ 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