

Top 10 thought errors that keep you stuck – Aug 4 @ 3 p.m. ET



Do you have thoughts or assumptions that keep you from making progress or enjoying success? Many of us do. Join in to learn some of these "thought errors" (we bet you'll recognize some!) and find out how to change messages that keep you stuck.

Networking for career development – Aug 11 @ 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

Your body language speaks volumes – Aug 20 @ 3 p.m. ET



Communication is important. But are you missing an important part of it? Join us to learn how you can use the power of body language to understand others and send the message you want. We'll discuss:

- The power of non-verbal communication
- How you can better understand others' feelings
- Ways you can use your body language to your advantage

Raising resilient teens – Aug 25 @ 3 p.m. ET



Parenting teens comes with its own set of challenges. And as you prepare to launch them into adulthood, you want them to thrive - even when times are tough. This webinar will review:

- The importance of resilience
- How you can help your child build skills for resilience
- Ways to care and cope as a parent