

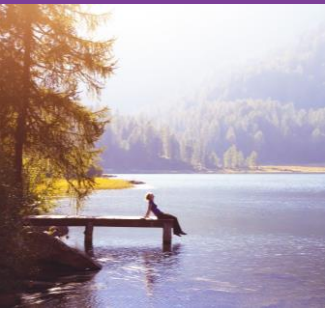
The many faces of loss: Healing through grief – Nov 5 @ 3 p.m. ET



Everyone experiences losses. Just to name a few, losses could include lost jobs, divorces, miscarriages, relocations and deaths. Attend this webinar to learn about the grieving process, its purposes and its challenges.

- Understand the purpose of grief
- Explore different types of grieving
- Learn strategies for taking care of yourself while you grieve

Stop to smell the roses: Finding joy in life – Nov 10 @ 3 p.m. ET



If you're like most people, you spend most of your time rushing around. Research shows that success doesn't lead to happiness. Happiness leads to success! This webinar will give you tools to help you slow down and get happy.

- Discuss the science of happiness
- Review happiness myths
- Provide skills to increase your happiness quotient

Learning the art of small talk – Nov 17 @ 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

The power of positive thinking – Nov 24 @ 3 p.m. ET



Do you tend to be a positive or a negative thinker? Join this webinar to learn the differences between positive and negative thinkers. We'll discuss how to turn that negative thinking into positive thinking!