

Communicating across differences – Sept. 9 @ 3 p.m. ET



Differences between people aren't the exception—they're common in today's work and community environments. Join this webinar to consider the challenges of communicating with people who are different from you.

- Review the basics of effective communication
- Build awareness of how age, personal style, culture and other variables can be obstacles to understanding
- Get tips on how to communicate more effectively across differences

Getting unstuck: Breaking old habits – Sept. 16 @ 3 p.m. ET



Habits can be helpful. But some can be problematic or even harmful to yourself or others. While it can be difficult, it's possible to break lifelong habits. Are you ready for the challenge? Join this webinar to learn strategies to get control over even the most stubborn habits!

Launching your children into adulthood – Sept. 23 @ 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.

- Look behind the scenes to see 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)

Change: How to adapt, cope and respond – Sept. 28 @ 3 p.m. ET



Change is the one constant in our lives. So why is change always so hard? This webinar is intended to provide you with a basic understanding of how you can navigate all this change.

- Impact of change
- Phases of change
- Tools to cope with change