

Visit your member website to register for these webinars. Seating is limited so register early!

**Hey stop screaming at me:
The P's and Q's of email etiquette
April 8th @ 3 p.m. ET**



Today email is the most used internet application. Email is fast and easy and accessible to people around the world. Attend this webinar to learn about some simple guidelines to follow when communicating through email.

- Learn email “netiquette” (internet etiquette)
- Consider the do’s and don’ts of email before you press “send”

44.36.900.1-040815

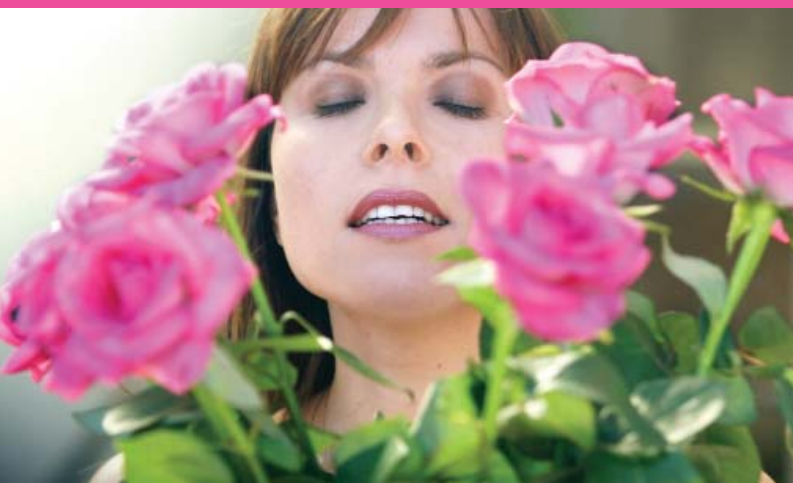
**Being your best self: Self-esteem for adults
April 14th @ 3 p.m. ET**



Do you put yourself down even when praised, see your efforts as never quite “good enough,” or doubt your decisions most of the time? If so, it could be low self-esteem that’s causing you to be extra hard on yourself. Even as grown-ups, feeling confident and secure inside can be a challenge at times. Join in to learn about adult self-esteem and get tips on how to improve how you feel about you!

44.36.900.1-041415

**Stop to smell the roses: Finding joy in life
April 22nd @ 3 p.m. ET**



If you’re like most people, you spend most of your time rushing around and feeling stressed out. You might find that you’re missing opportunities to enjoy everything you’ve got. There’s new research about the science of being happy and how to get happier. This webinar will discuss:

- The science of happiness
- Happiness myths
- Skills to increase your happiness quotient

44.36.900.1-042215

**Looking within: Finding your inner leader
April 29th @ 3 p.m. ET**



What does it mean to be a leader? Old fashioned concepts of leadership focus on management and promotions. But those definitions leave out the most important part of leadership: Inspiring others. This webinar will discuss:

- The definition of leadership
- The qualities of a leader
- How to look within for your unique leadership traits

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