

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

## It's all relative: Understanding family dynamics — December 2 @ 3 p.m. ET



Come to this webinar to learn more about what makes families “tick.” Explore boundaries, traditions, roles, values, power issues and more within the family unit.

- Get a better understanding of how families work
- Learn more about your place in your family
- Become more aware and prepared for your family encounters over the coming holidays!

44.36.900.1-120215

## Letting go of the past: Your life is now! — December 7 @ 3 p.m. ET



Another year is coming to an end. It's the perfect time to take a look back... and then shift into “drive”. Join this webinar to get tips on how to:

- Forgive
- Move on after a loss
- Make next year positive, memorable and happy

44.36.900.1-120715

## Holiday stress: What to expect and how to cope — December 16 @ 3 p.m. ET



The holidays are upon us and most people are feeling the extra stress and tension. Join this important webinar to get ideas on how to manage the pace of the next month... and enjoy your holidays!

- Causes of holiday stress
- Demands of holiday season
- Tips for managing your expectations and stress level for a happier holiday time!

44.36.900.1-121615