

## 10 questions to become a better you January 7th @ 3 p.m. ET



Have you been thinking about change? How do we become “better?” Maybe you are feeling like you are a less than glamorous version of yourself and you are ready to get out of that rut. Please join this webinar to talk about the questions we should be asking ourselves to break out of what is holding us back. Including:

- Commitment to cultivating a better you
- Weeding out the negative
- Being a “better” friend/spouse/parent

44.36.900.1-010715

## Building self-esteem in children January 13th @ 3 p.m. ET



What’s the single most valuable gift parents can give their kids? A strong sense of self-esteem. Join this webinar to learn:

- Why self-esteem is so important for your children
- How your children’s self-esteem influences their behavior, school performance, friendships — as well as careers, relationships and day-to-day life beyond childhood
- Specific ways you can help boost your children’s self-esteem

44.36.900.1-011315

## Pennywise: Everyday budgeting and saving January 21st @ 3 p.m. ET



Bills, savings, retirement — sometimes it feels like there’s never enough money to go around. Budgeting can feel like a chore. Come to this webinar to learn tips to make your money stretch a little farther so you can accomplish your financial goals.

- Set your financial goals
- Find out where you stand
- Develop tools to become a smarter spender

44.36.900.1-012115

## Don’t wait until Monday: Get motivated now! January 28th @ 3 p.m. ET



Do you find you’re always putting off your goals? Maybe you always tell yourself you’ll “start Monday” but Monday never comes. Today is the day to start! This webinar will discuss:

- Different types of motivation
- Tips for getting motivated
- How you can stay motivated to reach your goals

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