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Caregiving: The personal price, challenges and rewards — September 9th @ 3 p.m. ET



Caring for another person — whether a relative, spouse, partner or friend — can be physically and emotionally draining. However, it can also offer rewards. Join this webinar to learn more about how to manage your caregiving role to achieve better balance and maintain your wellbeing. Learn about:

- The stresses of caring for another person
- The benefits caregivers can get from their task
- How and why caregivers need care too!

44.36.900.1-090915

All work and no play: Avoiding burnout — September 17th @ 3 p.m. ET



- Are you exhausted all the time?
- Do you find that most of your tasks either bore or overwhelm you?
- Do you feel like nothing you do makes a difference or is appreciated?

You could be suffering from burnout — a state of mental, emotional and physical exhaustion. Attend this webinar to learn more about how to handle your needs and rekindle your energies.

44.36.900.1-091715

Looking within: Finding your inner leader — September 23rd @ 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

44.36.900.1-092315

Siblings: Rivalries, relationships and more — September 30th @ 3 p.m. ET



Siblings relationships are unique in that they often span your entire lifetime. You share genetics, parents and history. But sibling relationships are often characterized by conflict. Join us to learn about:

- The family dynamic of sibling relationships
- How to turn rivalry into camaraderie
- Tips to build closer connections with siblings

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