

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

Overcoming the fear of commitment— April 7 @ 3 p.m. ET



Do you have a fear of committing to relationships? Does that fear impact your family, friendships or on-the-job relationships? Join this webinar to learn more about the fear including:

- What's the definition of commitment?
- The consequences of fearing — and avoiding — commitment
- What are the most common fears?
- Ways to overcome the fear

44.36.900.1-040716

Your body language speaks volumes — April 14 @ 3 p.m. ET



Communication is important. But are you overlooking an important part of sending and receiving messages? Join this webinar to find out how you can use the power of body language to understand others and send the message you want. We'll discuss:

- The power of non-verbal communication
- How you can better understand others' feelings
- Ways you can use your body language to your advantage

44.36.900.1-041416

The ABC's of estate planning— April 19 @ 3 p.m. ET



Do you have a will or estate plan? Do you need one? This webinar will provide some definitions and basics about estate planning. Join in to learn about:

- Deciding who gets your assets in the future
- Determining who takes care of your minor children if you're not here
- Making other decisions that can save your family money and stress

Note: This webinar is not legal advice, but it's a good way to learn some fundamentals about planning for the future.

44.36.900.1-041916

Making time for me: Finding worklife balance — April 28 @ 3 p.m. ET



If you're like most people, you juggle a lot of roles. You may have demands from work, family and friends. But what about you? When do you make time for yourself? This webinar will discuss:

- How work and life imbalance causes stress
- Why you need "me time"
- Tips for making time for yourself

44.36.900.1-042816