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Let go of the past to make room for the future — December 8 @ 3 p.m. ET



Do you want to get rid of past hurts and mistakes? Many of us let life pass us by because we can't let go of the past. Have you passed up a job or relationship because you are stuck? Join this webinar to:

- Understand why we have a hard time letting go
- Learn how to make the decision to move on
- Map out the steps to complete to make room for the future

44.36.900.1-120816

Being your best self: Self-esteem for adults — December 13 @ 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!

44.36.900.1-121316

Ready, set, relax — December 20 @ 3 p.m. ET



Do you know how to calm yourself when you need all your energy to cope? Come to this webinar to add to your toolbox with de-stressing techniques like:

- Mindfulness
- Physical and mental exercises
- Meditation, deep breathing, sensory awareness and more

44.36.900.1-122016