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Putting kids first: Co-parenting with your ex — June 9 @ 3 p.m. ET



Research shows that co-parenting effectively leads to happier and more well-adjusted children. The key is to focus on the children and not your feelings about your ex. However, this may not be easy! Join this webinar to learn:

- What exactly is co-parenting?
- Tips on how to co-parent
- How to handle those bumps in the road

44.36.900.1-060916

Yes or no? Secrets of sound decision-making — June 16 @ 3 p.m. ET



If you have trouble making decisions, you've got lots of company! Many people struggle with indecision. This webinar will address the what, why and how to get a handle on this issue. You'll learn:

- The barriers to making choices
- The balance between obsessing and making impulsive picks
- The tools you can use to make decisions easier and less stressful

44.36.900.1-061616

Getting unstuck: Breaking old habits — June 23 @ 3 p.m. ET



Habits can be helpful. But some can be problematic or even harmful to yourself or others. While it can be difficult, it's possible to break lifelong habits. Are you ready for the challenge? Join this webinar to learn strategies to get control over even the most stubborn habits!

44.36.900.1-062316

Stress: Do this, not that — June 28 @ 3 p.m. ET



How many of your everyday activities increase your stress? Join this webinar to find out. Learn ways to change those stress-inducing behaviors. You'll learn:

- Which everyday activities increase stress
- Ways to change those patterns to lower your stress
- Surprisingly simple solutions to help manage your hectic lifestyle

44.36.900.1-062816