

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

Kids and sports: How parents can be good fans and role models — May 5 @ 3 p.m. ET



Do your kids play tennis, soccer, basketball or other sports? As a parent, have you considered how important your influence can be? Come to this webinar to hear and discuss topics like:

- Why do your kids play sports and what do they get out of their participation?
- How can your behavior impact your child's experience?
- What steps can you take to be a great fan and good example to your child?

44.36.900.1-050516

Social anxiety: Overcoming the fear of being judged — May 10 @ 3 p.m. ET



Social anxiety can be overwhelming and interfere with your day to day functioning and relationships. Although it may seem inescapable to you, it is treatable! Join this webinar to learn how to overcome this common anxiety. Find out:

- The signs and symptoms of social anxiety
- How many people deal with social anxiety
- Causes and risk factors
- Ways to cope

44.36.900.1-051016

Time for you: Don't be part of the no-vacation nation — May 19 @ 3 p.m. ET



Have you had a vacation recently or made plans to take one in the near future? If the answer is "no," you're (sadly) not alone. Too many people don't make time or take time for themselves. Join this webinar to learn why vacations are not just important, but critical for you:

- Physical well-being
- Creativity, coping and mental health
- Overall ability to be and do your best

44.36.900.1-051916

Apologizing: What, when and how — May 24 @ 3 p.m. ET



We all make mistakes. And it's important to know when you owe an apology to someone you may have hurt — even accidentally. Join this webinar to learn more about apologies including:

- What makes it so hard to apologize at times
- When and how to apologize
- How apologies impact relationships

44.36.900.1-052416