

## The company you keep: the impact of your inner circle – May 5 @ 3 p.m. ET



Does your choice of friends influence your life? Yes! Join this webinar to learn:

- How the company you keep can affect your outlook, attitudes and beliefs about your own worthiness.
- Why – at every age – it's important to surround yourself with people who reinforce your values, visions and hopes for happiness and success.
- How to identify the boundary crossers, toxic people and others in your life who may be dragging you down.

## Rolling with the punches: Adapting to change at work – May 10 @ 3 p.m. ET



Change is the one constant in our lives. When it comes to the workplace, we're faced with changing technology, policies and demands. This webinar is intended to provide you with a basic understanding of how you can navigate all this change! We'll talk about:

- The impact of change
- Phases of change
- Tools to cope with change

## Powerful parenting – May 19 @ 3 p.m. ET



Parenting is one of the biggest and most challenging jobs you can face. Is there a "right" way to do it? Join us to discuss:

- Parenting tips
- How to cope with rebellion
- Ways to manage your feelings

## Stress: Do this, not that – May 26 @ 3 p.m. ET



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

- Which everyday behaviors can increase stress
- Ways to change those patterns to lower you stress
- Surprisingly simple solutions to help manage even a hectic lifestyle