

To register for any of these webinars below, please click on the time that you would like to attend for the registration link.

	Monthly Theme	Monthly Webinar	Webinar Description
Jan	You've got the power to <b>SHAPE YOUR FUTURE</b>	Thursday, January 26th <i>Vision Boards: Creating the Life You Want</i> <a href="#">12-1pm EST</a> or <a href="#">3-4pm EST</a>	Set goals, dream big, and create a life of purpose. Vision boards are made up of images, affirmations, quotes to visually display one's goals, dreams, and desired accomplishments. In this interactive webinar, attendees will be able to write their vision and create a tangible artifact by following a three-step vision board process.
Feb	You've got the power to <b>SUM IT UP</b>	Thursday, February 23rd <i>Improving Your Credit Score</i> <a href="#">12-1pm EST</a> or <a href="#">3-4pm EST</a>	Your credit score is very important. In this seminar, we will motivate and reassure you if you don't have a good score with ways to make it better. We will explain how the FICO system works, what you should and should not do and how you can use this information to improve your credit score.
Mar	You've got the power to <b>WORK IT OUT</b>	Wednesday, March 22nd <i>Respecting Each Other at Work</i> <a href="#">12-1pm EST</a> or <a href="#">3-4pm EST</a>	No matter where we are on the org chart, we all deserve to be treated with dignity, respect, and kindness. Participants in this session will learn the root causes of offensive behaviors, identify behaviors that happen at work, create a list of rules to live by, and commit to working on one thing that they can do to improve interpersonal relationships at work. We will also look at how social media can affect workplace relationships.
Apr	You've got the power to <b>BRIDGE THE GAP</b>	Wednesday, April 19th <i>Strategies for Multi-Generational Caregiving</i> <a href="#">12-1pm EST</a> or <a href="#">3-4pm EST</a>	Those in multi-generational caregiving roles are known as the "sandwich generation" because they are wedged between dual caregiving responsibilities of young and older dependents. In this session, participants will learn strategies to be more effective in their dual caregiving roles, while examining the needs of each generation.
May	You've got the power to <b>KEEP YOUR COOL</b>	Thursday, May 18th <i>Safe and Stress-Free Summer</i> <a href="#">12-1pm EST</a> or <a href="#">3-4pm EST</a>	Summer brings opportunity for a variety of outdoor activities from having a cook out to swimming. Learn some easy tips to keep you and your family healthy this summer by reviewing some easy tips on outdoor safety, ways to eat healthy at a cook out, and ways to take advantage of your time off!
Jun	You've got the power to <b>CHANGE YOUR TUNE</b>	Thursday, June 22nd <i>Turning Negatives into Positives</i> <a href="#">12-1pm EST</a> or <a href="#">3-4pm EST</a>	It can be hard for you or your family to keep a positive outlook through life's challenges. In this training we will learn to build confidence and self-esteem using mindfulness techniques. We'll also review motivational strategies to facilitate lifelong change as well as proactive ways to find the positives.