

Planning a Financial Future

October 8, 2025 | 2–3 p.m. E.T. | [Register](#)

Being financially savvy is essential for building wealth, managing savings, making smart investments, and preparing for economic uncertainties. Participants will learn how to assess their future financial needs, understand how inflation affects buying power, create a personalized savings plan, and explore the importance of investing. We'll also help you evaluate your current financial state, identify immediate roadblocks to saving, and strategically plan for your retirement.

Keeping Your Older Loved Ones Safe

November 12, 2025 | 2–3 p.m. E.T. | [Register](#)

Stay informed about basic safety practices to ensure that seniors and their caregivers can enjoy life to the fullest. This webinar highlights six key areas of safety protocols designed to help maintain the health and well-being of aging loved ones. Leave with practical tips and resources to apply immediately in daily life.

FOR SUPERVISORS

The 5 Buckets Principle™

December 3, 2025 | 1–2 p.m. E.T. | [Register](#)

Achieving work-life balance is about more than just time management. It's about nurturing the five essential areas of life: finances, friends and family, work, health, and community. The 5 Buckets Principle™ is a powerful tool to help leaders prioritize what matters most, allowing you to look at life from a broader perspective, while still focusing on the details that truly make a difference. You'll leave ready to manage your time effectively and create a more balanced, fulfilling life.

Mental Health Support During the Holiday Season

December 10, 2025 | 2–3 p.m. E.T. | [Register](#)

While this time of year can be a wonderful experience filled with joy and celebration, it may also be accompanied by a collage of emotions. This webinar presents you with positive ways to nurture your mental well-being during the holiday season and gifts guidance on seeking mental health support. We'll also highlight tools and resources to help you enjoy your way through the hustle and bustle with ease.

The Psychology of Exercise

January 14, 2026 | 2–3 p.m. E.T. | [Register](#)

Your mindset can make all the difference in your workout! In this session, we'll explore how approaching exercise with the right mental focus can significantly enhance your results. You'll learn how to incorporate mindfulness, breathing techniques, and meditation into your routine to boost your mental strength, energy, and focus, helping you not only crush your workouts but also conquer your day with greater clarity and motivation.

Embracing Loss

February 11, 2026 | 2–3 p.m. E.T. | [Register](#)

In this thoughtful and compassionate webinar, we create a safe space to discuss emotions and the healing process of losing a loved one. Learn about healthy coping mechanisms and valuable resources to support navigating your healing journey with openness, understanding, and resilience.

Tax Strategies

March 11, 2026 | 2–3 p.m. E.T. | [Register](#)

Understanding taxes, where your tax dollars go, and whether you need a tax advisor is empowering. Take control of your finances by attending this webinar where you'll learn about legal strategies — like tax-free savings and the differences between tax-deferrals and tax-deductibles — and discover why it's important not to delay getting your refund.

FOR SUPERVISORS

The Art of Negotiation

March 25, 2026 | 1–2 p.m. E.T. | [Register](#)

Negotiation is a key skill that can elevate your professional success across a variety of circumstances. In this session, you'll learn a powerful six-step process to help you collaborate with confidence and ensure agreement from all parties involved. After this interactive discussion, which includes practical exercises and resources, you'll have a clear strategy to apply and refine your newfound negotiation skills.

Self-Care Right Now

April 8, 2026 | 2–3 p.m. E.T. | [Register](#)

Taking care of yourself isn't a luxury — it's a lifeline and the key to feeling your best and supporting others. We'll explore easy, achievable ways to stay present in the moment, introduce practices that support your well-being over time, and discuss why setting boundaries and speaking up for your needs can make a big difference in your daily life.

The Connection Between Exercise and Mental Health

May 13, 2026 | 2–3 p.m. E.T. | [Register](#)

Physical activity does more than improve strength and endurance, it plays a powerful role in supporting mental and emotional well-being. Attend this webinar to understand how regular movement affects your immune system, reduces the risk of disease, and lowers stress levels, which can ease symptoms of anxiety and depression and boost overall mood. We'll also offer tips on fitting more exercise into your daily life, no matter your fitness level.

Mindset Reset: Methods for Getting Goals Met

June 10, 2026 | 2–3 p.m. E.T. | [Register](#)

Sometimes, the biggest obstacle to reaching our goals isn't the goal itself — it's our frame of mind. Small shifts in thinking can lead to big breakthroughs in motivation, focus, and follow-through. Discover simple yet effective methods to refocus your thoughts, stay on track, and gain motivation to keep going.

FOR SUPERVISORS

The Power of Persuasion: How to Influence Others

June 24, 2026 | 1–2 p.m. E.T. | [Register](#)

Whether you're mediating, advocating, or simply trying to get your message across, mastering the art of persuasion is a powerful skill for leaders. Register to learn proven strategies for influencing others, including how to increase your effectiveness, deliver compelling messages that captivate any audience, and tailor your communication style to make a lasting impression.

Jump-Start Your Life's Purpose

July 8, 2026 | 2–3 p.m. E.T. | [Register](#)

Ready to hit the reset button and create the life you've always dreamed of? This webinar guides you through the process of building your own personal mission statement, a powerful tool to give you fresh clarity and purpose. Whether you're at the start of a new journey or looking to reimagine your path, we'll show you how to turn feelings of both disappointment and excitement into fuel for your next chapter.

Nourish and Flourish: Balanced Nutrition Essentials

August 12, 2026 | 2–3 p.m. E.T. | [Register](#)

Smart snacking can boost your overall health and help keep your blood sugar levels steady. Attend this webinar to understand the benefits of mindful eating and how choosing the right foods can give your body the nutrients it needs. We'll incorporate helpful tools to spot any gaps in your diet and find tasty foods to fill them. We'll also discuss different types of fiber, its benefits of helping you stay fuller for longer, and delicious ways to include more of it in your diet.

Healthy Aging Across the Decades

September 9, 2026 | 2–3 p.m. E.T. | [Register](#)

As the body ages, it's important to stay ahead of the curve and keep moving! We'll take a look at effective ways to prevent injuries, stay strong, and maintain overall health through fitness. See how you can adapt your workout routine to match your fitness level at any age and explore strategies for preventing illness and boosting wellness. Get ready to design a flexible, powerful workout regimen that keeps you feeling energized and fit at any stage of life.

FOR SUPERVISORS

How Technology Can Help with Mental Health Conversations

September 23, 2026 | 1–2 p.m. E.T. | [Register](#)

This webinar explains how technology is revolutionizing the way we approach and care for our mental health. Come explore how to utilize innovative tools to support you in having effective, compassionate, and accessible mental health conversations in both personal and professional settings.