

Emotional Health Webinars

This series of webinars will guide your participants through identifying and regulating their emotions, and will provide them with the tools necessary to live an emotionally healthy life.

- You and Your Unique Personality Type
- 2 Awesome Life Practices
- Communication 101
- Some Pretty Interesting Emotions
- Shifting Your Focus
- Rethink Your Thinking
- Getting Unstuck
- What are your Values?
- The Emotional Workout
- The ABZzz's of Sleep
- Anxiety Workout and Work Through
- Self-Esteem 101
- Learning to Really Love Yourself
- Keep YOUR OWN Power
- B-b-boundaries
- Why Validation?
- Forgiveness and the Art of the Apology
- Anger 101
- Coping with Stress
- Self-Regulation and Trauma
- Managing Fears and Worries
- Resilience
- Coping in Grief
- Oh Relationships 401
- Developing Healthy Habits
- Moods and Motivation
- Inner Child
- Ditch Your Funk

Professional Development Webinars

Build capacity and accountability with this series of webinars.

- You and Your Unique Personality Type
- The Art of Listening – Really Listening
- Communication 101
- 13 Rules to Positively Impact your Life
- B-b-boundaries
- Anxiety Workout and Work Through
- Coping with Stress
- Developing Healthy Habits
- Compassion Fatigue
- Resilience
- It's About Time I Manage My Time
- Conflict Management
- Oh for the Love of Organization
- How to be a Leader
- Staying Sane and Resilient While Working from Home
- Navigating Work Relationships
- Professionalism and Work Ethic
- Critical Thinking and Problem Solving Skill Development
- What is your Love Language at Work?
- Stay Safe and Healthy in the Social Media Pond

Personal Skill Building Webinars

This Series of webinars will guide your participants through building a toolbox of life skills.



- You and Your Unique Personality Type
- The Art of Listening
- Communication 101
- 13 Rules to Positively Impact your Life
- B-b-boundaries
- Coping with Stress
- Compassion Fatigue
- Resilience
- It's About Time I Manage My Time
- Conflict Management
- Dropping Busy: Living a Healthy Lifestyle
- What is your Love Language at Home?
- Managing Fears and Worries
- Living a Life of Intention
- Ditch your Funk!

Coping with Covid Webinars

This series of webinars will help your participants build the skills necessary to cope during these unprecedented, constantly changing times.

- How to Deal with a Year of Accumulated Burnout
- Working Through Loneliness and Isolation Fatigue
- Staying Sane and Resilient While Working from Home
- Shifting Your Focus
- Dropping Busy: Living a Balanced Lifestyle
- Developing Healthy Habits
- Moods and Motivation

