

January 17th, 2:00 pm:

Flourish

Based on the findings of Martin Seligman, the preeminent thought leader in positive psychology, this webinar is about moving beyond our limitations and understanding the science of well-being.

Incorporating mindfulness with the latest in positive psychology, we'll unpack the vital components of emotional intelligence and resiliency, as well identify positive traits and strengths in ourselves and others to not only bounce back from adversity but to vibrantly grow!

[Register here](#)

March 21st, 1:00 pm:

Having a Growth Mindset

A growth mindset is a belief that we can get smarter through hard work and practice. Yet our own attitudes and pre-conceived notions can get in the way. In this webinar, we will discover the benefits of a growth mindset, and paths to develop it. The growth mindset is related to Five Core Competencies: Leadership, Innovation, Engagement, Communication, and Productivity. Using a growth mindset, we learn attitudes and behaviors that encourage and enhance these qualities.

[Register here](#)

May 16th 2:00 pm:

Supermarket Savvy

It is widely recognized that buying nutritious food is the first step towards a healthy lifestyle. Pretty soon, you'll see all new labels on food packages! Learn how to read these new nutrition labels and what common terms on packages really mean, including things like what's the difference between GMO free, natural and organic. You will leave with some smart grocery shopping strategies that make it fun and enjoyable to eat healthy while saving time and money!

[Register here](#)

November 14th, 2:00 pm:

The Basics of Estate Planning

Develop a better understanding of the documentation needed for successful Estate Planning. If you fail to plan you plan to fail! Learn the many terms that describe will planning, guardianships and trusts. The session will cover contents, costs and pros and cons of various options, especially the importance of having the following documents in place:

- Will
- Beneficiary form
- Health Care Proxy
- Revocable Living Trust
- Durable Power of Attorney

[Register here](#)