

	Monthly Theme	Monthly Webinar 12-1 pm ET and 3-4 pm ET	Webinar Description <i>Please look out for registration links in our monthly communications!</i>
Jan	You've got the power to SHAPE YOUR FUTURE	Thursday, January 26th <i>Vision Boards: Creating the Life You Want</i>	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 SUM IT UP	Thursday, February 23rd <i>Improving Your Credit Score</i>	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 WORK IT OUT	Wednesday, March 22nd <i>Respecting Each Other at Work</i>	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 BRIDGE THE GAP	Wednesday, April 19th <i>Strategies for Multi-Generational Caregiving</i>	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 KEEP YOUR COOL	Thursday, May 18th <i>Safe and Stress-Free Summer</i>	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 CHANGE YOUR TUNE	Thursday, June 22nd <i>Turning Negatives into Positives</i>	It can 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.
Jul	You've got the power to KEEP THE SPARK	Wednesday, July 19th <i>Preventing Burnout: A Balanced Life Check-Up</i>	The first step to preventing burnout in your personal and professional life is to identify its signs and symptoms. In this interactive session, you will learn how to detect burnout triggers and discover ways to regain enthusiasm and life balance. Learning to prevent burn-out can enhance your ability to maintain high performance without compromising your physical and emotional health.
Aug	You've got the power to MAKE THE GRADE	Wednesday, August 23rd <i>Highs and Lows of Back to School</i>	The back-to-school season can be both an exciting and anxiety-provoking time for school-aged children and their parents. Routines change and it is easy to feel overwhelmed. Take some time to learn about how to balance work and parenting, as well as many of the issues faced by today's children.
Sep	You've got the power to KNOW YOUR NUMBERS	Wednesday, September 20th <i>What We Need to Know About Diabetes</i>	One-third of Americans have pre-diabetes, and each year about 11% of those with pre-diabetes progress to full-blown diabetes. But lifestyle changes can prevent this from happening. Learn about the simple steps to improve overall health and prevent diabetes and pre-diabetes.
Oct	You've got the power to TRIM THE FAT	Wednesday, October 18th <i>Eating Through Celebration</i>	The holidays are a time when many people find themselves eating to excess. Learn ways to avoid overeating at celebrations, as well as substitutions for different foods and drinks to help keep your health goals intact year round.
Nov	You've got the power to STAY ON TRACK	Thursday, November 16th <i>Holiday Budgeting</i>	We may have our budget under control during the year, but at the holidays it can be easy to over-spend. This session will examine practical strategies for sticking to a holiday budget that's affordable for your family, and can help you avoid having anxiety about opening your January credit card statement.
Dec	You've got the power to WRAP IT UP	Thursday, December 21st <i>Winter Wellness</i>	Winter is the time of the year where we are more prone to catching a cold or the flu. This seminar will teach participants about the immune system, ways to combat winter illnesses and strategies for staying healthy all year long.