Stop to smell the roses: finding joy in life
March 20th @ 3 p.m. ET

If you’re like most people, you spend most of your time rushing around and feeling stressed out. You might find that you’re missing opportunities to enjoy everything you’ve got. There’s new research about the science of being happy and how to get happier. This webinar will discuss:
• The science of happiness
• Happiness myths
• Skills to increase your happiness quotient

Til debt do us part
March 6th @ 3 p.m. ET

When it comes to budgeting, your relationship can be your greatest asset or your biggest downfall. This webinar will help you:
• See how you and your partner handle money differently
• Understand how money can impact your relationship
• Learn tools to help you improve your “financial relationship”

Taking your zzzz’s seriously
March 13 @ 2 p.m. ET

Who couldn’t use better sleep and more of it? This webinar will review:
• What does “normal” sleep look like?
• Signs you might have a sleep disorder.
• Tips to help improve your sleep.

Overcoming your fear of failure
March 26th @ 3 p.m. ET

The fear of failure is very common. In fact, so many people worry about failing that they don’t achieve anywhere near their real potential. Join this webinar to learn about:
• The roots and symptoms of this fear
• How it can impact your career, relationships and other areas of your life
• Specific steps you can take to tame your fear of failure and enjoy more success!