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|  | **THEME** | **ONLINE SEMINAR\*** | **DESCRIPTION** Seminars can be found on your home page, or you can search for them by title. |
| JAN | **Financial Goals** | ***Your Financial Checkup*** Available on Demand Starting **Jan 21st** | Walk through a "financial checkup", guiding you through the necessary steps to examine your finances. |
| FEB | **Setting Realistic Expectations** | ***Managing Workplace Stressors*** Available on Demand Starting **Feb 18th** | Get information and strategies to address and manage professional stressors effectively. |
| MAR | **Professional Development** | ***Planning for Professional Growth*** Available on Demand Starting **Mar 17th** | Discuss the four stages of professional careers and get tools to develop a self-assessment plan that can lead to your career growth. |
| APR | **Practical Parenting** | ***Effective Communication With Children*** Available on Demand Starting **Apr 21st** | Learn about different communication styles and how to communicate effectively, starting in early childhood. |
| MAY | **Accepting Aging** | ***Accepting Aging: Yourself and Others*** Available on Demand Starting **May 19th** | Examine "normal" age-related changes and identify ways for you to come to terms with your own aging. |
| JUN | **Conflict Resolution** | ***Say What You Mean the Right Way*** Available on Demand Starting **Jun 16th** | Identify barriers to clear communication and discuss how to apply tips for effective communication. |
| JUL | **Adventuring and Exploring** | ***Explore New Horizons and Expand the Mind*** Available on Demand Starting **Jul 21st** | Discover the possibility and promise of seeking and exploring new horizons. |
| AUG | **Outsource Your To-Do List** | ***Outsourcing Your To-Do List*** Available on Demand Starting **Aug 18th** | Learn to outsource the more thankless chores and discover a world of potential, leading towards a happier and more fulfilling way of life. |
| SEP | **Work and Family Balance** | ***The Secret to Work-Life Balance*** Available on Demand Starting **Sep 15th** | Uncover the secret to securing a healthy work and family balance. |
| OCT | **Mental Strength** | ***The Mental Strength Workout*** Available on Demand Starting **Oct 20th** | Learn skills and strategies to exercise the power of your mind and increase your mental fortitude. |
| NOV | **Healthy Ways to Cope with Stress** | ***Building Resilience Muscles*** Available on Demand Starting **Nov 17th** | Learn resilience by understanding yourself and identifying the mental obstacles that get in your way. |
| DEC | **Being Grateful** | ***Know Your Strengths*** Available on Demand Starting **Dec 15th** | Explore how confidence and a strengths-mindset can enable you to respond more creatively to challenges. |

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