

**LET US HELP**

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calendar

**2021**

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|  | **THEME** | **ONLINE SEMINAR\***  \*For clients with Advantage Complete or Enhanced Web | **DESCRIPTION**  Seminars can be found on your home page, or you can search for them by title. |
| JAN | **Reframing Your World** | ***Reframing Your World***  Available on Demand Starting **Jan 19th** | Discover the practical ways to reframe your perspective to live a more present and positive life. |
| FEB | **Setting Goals** | ***Setting Goals for Your Future***  Available on Demand Starting **Feb 16th** | Learn how to strategically set short-term and long-term goals to help you succeed in all areas of your life. |
| MAR | **Planning for Success** | ***Planning for Success***  Available on Demand Starting **Mar 16th** | Explore the secrets behind being more organized and more efficient to help combat and reduce overwhelm. |
| APR | **Financial Security** | ***The Steps to Financial Security***  Available on Demand Starting **Apr 20th** | Understand the practical ways you can feel more secure and more stable in your finance management. |
| MAY | **Addressing Anxiety** | ***Addressing Anxiety in an Uncertain World***  Available on Demand Starting **May 18th** | Learn how to recognize and manage anxiety to actively combat the physical and mental effects in a practical way. |
| JUN | **Healthy Relationships** | ***Building Healthy and Happy Relationships***  Available on Demand Starting **Jun 15th** | Identify the ways to build and maintain healthy relationships with those around you, with a focus on the importance of boundary setting. |
| JUL | **Summer Holiday** | ***Maximizing Your Summer Break***  Available on Demand Starting **Jul 20th** | Learn some straightforward and effective ways to make the most of your summer holiday and maximize the moments and memories for you and your family. |
| AUG | **Building Confidence in Children** | ***Raising Confident Children***  Available on Demand Starting **Aug 17th** | Attain the skills and insight to boost your children's confidence and self-esteem and help them to become empowered and resilient adults. |
| SEP | **Being Present** | ***Switch on to Being More Present***  Available on Demand Starting **Sep 21st** | Discover the key to being more present and actively taking the time to digitally disconnect to spend quality time with those around you. |
| OCT | **Embracing Differences** | ***Embracing Diversity and Differences***  Available on Demand Starting **Oct 19th** | Learn about how to live and work in a way that is respectful, kind, and embraces diversity in all walks of life. |
| NOV | **Caring for Our Elders** | ***Caring for Our Elders***  Available on Demand Starting **Nov 16th** | Find out more about the aging process and how to both practically and emotionally care for elderly relatives. |
| DEC | **Making Time to Make a Difference** | ***Paying it Forward***  Available on Demand Starting **Dec 21st** | Understand the small but powerful ways that everyone can 'pay it forward' and make a difference to the lives of others. |

Always Available | Free | Confidential