

How parents can be good fans and role models – April 7 @ 3 p.m. ET



Sports can be a great outlet for kids to learn, play and build skills for life. We will discuss ways parents can contribute to their child's experience in sports in a beneficial way. We will learn what being a good fan and role model means and how it shapes your kid for the future.

Communication: It's more than just talking – April 14 @ 3 p.m. ET



Let's face it: Everyone wants to feel like they're being heard. But communicating is so much more than hearing yourself speak. We communicate with everyone! Co-workers, employees, friends, family, even strangers. Join this webinar if you want to learn how to be a better communicator. We'll discuss:

- Active listening: what it is and how to do it
- Being engaged
- Practicing non-verbal skills

Getting beyond the "ifs" and "buts" in life – April 19 @ 3 p.m. ET



Walt Disney said, "If you can dream it, you can do it." That worked for him. But how many of us get bogged down in all the reasons why we just don't think we can succeed? Join this webinar to learn:

- How the "ifs" and "buts" can keep you paralyzed
- Why fear is so powerful
- Ways to tame fears and excuses—and rise above them

Ready, set, relax – April 26 @ 3 p.m. ET



Do you know how to calm yourself when you need all your energy to cope? Come to this webinar to fill your toolbox with de-stressing techniques like:

- Mindfulness
- Physical and mental exercises
- Meditation, deep breathing, sensory awareness and more