

MENTAL HEALTH AWARENESS MONTH

What's holding you back?



This **Mental Health Awareness Month** we want to help people identify any obstacles that might be preventing them from achieving personal growth and success. These barriers could be individual ones like unexamined habits or thought patterns, or organizational ones. This expert-led webinar will share strategies for identifying the specific obstacles in your path and devising ways to break through or work around them.

Breaking Barriers to Personal Growth: Identifying What Holds Us Back

Tuesday, May 6th, 1:00 PM ET / 10:00 AM PT

Register now