

SMART MANAGER WEBINARS



REFRAME THE BRAIN: TAPPING YOUR FULL POTENTIAL

Thursday, 5-12-22 1:30-2:00 EDT | [Click here to register](#)

Your brain has a negativity bias. From a survival perspective that's important. From a managing perspective it can be lethal. Join us and learn how to shift your mindset to benefit you and your team.



PRACTICING WHAT YOU PREACH - MINDFULNESS AT WORK

Thursday, 6-9-22 1:30-2:00 EDT | [Click here to register](#)

Now that we've learned about the importance of mindfulness for Managers in our last Smart Manager Webinar, let's put what we've learned into practice. Join us to learn how to schedule mindful activities into your day, and practice right from your desk.

LIFE ADVISOR WELL-BEING WEBINARS



WOMEN'S EMOTIONAL WELL-BEING 3 KEY FACTORS

Thursday, 5-19-22 11:30 am-12:00 pm EDT | [Click here to register](#)

Women often face different mental health challenges than men—and they often experience them differently. Learn about the 3 key factors every woman should know.