

Overcoming social anxiety – Dec 5th @ 3 p.m. ET



Social anxiety can be overwhelming and interfere with your day to day functioning and relationships. Although it may seem inescapable to you, it is treatable! Join this webinar to learn how to overcome this common anxiety.

- What are the signs and symptoms of social anxiety
- Just how common is it in today's society
- Causes of social anxiety and risk factors
- Ways to overcome social anxiety

The power of paying it forward – Dec 12th @ 3 p.m. ET



There is so much positivity in giving, and “paying it forward.” Not only does it impact the recipient of your good will, but you also embrace the power of giving! Giving of ourselves spreads love and hope to all. Join this webinar if you want to get involved in making a positive difference in the lives of others.

Winning at life: Success is for everyone – Dec 19th @ 3 p.m. ET



Feel like you don't measure up? Many messages about success can make us feel discouraged. If you're not winning, you must be losing, right? Wrong. Join this webinar to discuss:

- Myths about winning and losing
- How to redefine success
- Tips to find success - on your terms