



MLE: Webinar Series

January – June 2023 @ 1:30-2:30 EST

January: Managing Your Money in Tough Times - For years, we have heard that if you follow sound financial practices and stick to a plan with a solid foundation, you will come out ahead. Financial times today have changed not only the rules, but also, how we need to react. In this session, we will give you new ways to think and new actions to implement to not only help you survive tough financial times, but actually come out even, or potentially ahead.

February: Minimizing Worry to Maximize your Life - Are you a worrywart? Nineteen million Americans are chronic worriers and 38 percent report worrying every day. We all worry at times, but if you constantly stress over everything in your life you may be developing a chronic worry habit that can lead to physical and mental health difficulties including stress-related illnesses, generalized anxiety disorder and depression. In this session we will assist you in analyzing the root cause of worry, and strategies to break the cycle of worry.

March: Workplace Differences: A Matter of Style - Everyone has a different style of learning, working, and communicating, and one style is not necessarily better than another - just different. In this session, participants will discover; their personal learning/communication style, how their own style affects learning and communication for everyone in the workplace, how understanding and considering the learning and communication styles of others can prevent tension, misunderstanding and stress in the workplace, and how to maximize your own personal style.

April: Parenting Your Teen: Managing Conflict and Problem-Solving - Conflict between parents and teenagers is a fact of life. In this seminar, parents explore ways to help their teenagers resolve conflicts and establish guidelines for acceptable behavior. The goal is for your teen to become a mature young adult who is capable of making good decisions independently, so they can manage their life in appropriate, autonomous ways.

May: A Balancing Act for the Work and Personal Life Seesaw - Learn to prioritize competing demands, communicate effectively and view the glass as “half full” in this interactive session.

June Healthy Living - Navigate Life Transitions - Changes in our personal and professional lives often occur around major life transitions, such as moving, marriage, death and divorce. We all need strategies to make these transitions easier and that is exactly what we will cover in this session.



Register for these events at [MyLifeExpert.com!](https://www.mylifeexpert.com)

Scan here to
download our app:



ALWAYS CONFIDENTIAL