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Resilience and Self Care

Letting Go of Normal

As we all know change is difficult and control is comfortable. We often also find comfort in stability and normalcy but, what if we do not know what normal is anymore? Learn how to embrace change and use radical acceptance as a way to adapt to change. Better understand yourself and how to challenge your thoughts and emotions to go with the flow.

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Got Guilt? How to Manage Guilt When We Also Need Time for Ourselves

Often times, we feel guilty for taking time for self-care, taking time off, saying “no,” and putting our needs as a priority, too. During the last several months, our stress and exhaustion have increased. We have to make self-care sustainable, but how can we deal with the guilt that comes with it, sometimes? This short webinar will discuss this dilemma and solutions.

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Sleep: How to Improve Your Zzzz's

We spend approximately a third of our lives sleeping. When we sleep well, we perform better, have better health, and have better moods and energy. When we do not sleep well, it can create lasting negative impacts. In this seminar, we will explore the science behind better sleep and how we can improve this vital part of our lives.

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How Do I Even Ask For Help? (Monthly Webinar)

Sometimes the hardest part about reaching out for support is the process of asking for help...Maybe you feel some guilt or shame around asking for help or maybe you're more used to being the helper.... Or perhaps you work with others who have a hard time sharing that they need support. In this webinar, we will brainstorm ways for us to overcome the barriers that can stand in our way of getting help, so that we can move towards that support and in turn live a more fulfilled life.

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Resilience and Self-Care

This is not your average talk about stress. Come join us and learn about why we feel stressed, what's going on inside our bodies during this process, and protective factors that you can use to your advantage to cushion the impact of stress on your wellbeing.

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Making Friends with our Feelings

Not all feelings are easy to hold onto. When we avoid our challenging emotions and feelings, we can find ourselves dealing with negative repercussions such as irritability, avoidance, tearfulness, or indecisiveness. However, when we chose to look inward and recognize our feelings and allow them to teach us, we can learn to become friends. We can also discover that difficult situations become easier to manage and are less overwhelming.

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Change is the Only Thing That Stays the Same (Monthly Webinar)

Some people don't like change. Others are energized by it. How do we navigate uncertain times and stay centered? How can we move forward without knowing exactly where we are going? This webinar will discuss how we can go through change and maintain our sense of well-being.

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Making Intentional Commitments

In a world of constant demands how can we ensure we are spending our time doing the things that fulfill us? This is not a training about how to avoid responsibilities but instead to recognize boundaries and the need to not over commit our time and energy

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Finding Peace in a Fast-Paced World

Do you often find yourself booked from Monday to Sunday without a moment to spare? Or maybe is it difficult in these busy times for you to find a moment to rest and slow down.... If any of this is sounding familiar, then this is the webinar for you! Join us as we look at ways to find peace even amidst the busyness and chaos that life can bring.

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Is This Okay? Learning to Recognize When Coping Skills Become Harmful

When we go through hard events and difficult seasons, we all turn to various things to cope with the pain, uncertainty, and other emotions these struggles may bring. While it is normal and necessary to use coping skills in hard times, often the sources of coping we choose such as alcohol, food, medication, sleep, distraction, busyness and many others can begin to have a harmful impact on our daily lives and relationships. In this presentation we will learn how to recognize when our coping strategies are becoming harmful and discuss ways for us to replace our familiar strategies with healthier options.

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Turning Down Your Worry Brain

Sometimes the thoughts in our heads can be louder than we would like, making it difficult to function. Some of these thoughts are riddled with worry, self-doubt, and the desire to avoid. Learn strategies to turn down the volume on your "Worry Brain" and tune into your Smart Brain. We will cover the history of anxiety and how it has saved us. We will focus on how to assess your worries accurately, how to challenge your thoughts, and practical steps on how to face your fears.

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Conflict Resolutions: Can't We All Just Get Along?

In this seminar, we will discuss different models of approaching conflict positively (SBI-I and CUS-R) and how we can address it more effectively.

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What's Your Compass?

What makes life meaningful to you? What sort of person do you want to be? What strengths do you have to meet those goals? Come spend a few minutes with us to look at these questions and to examine how you might live according to your values in more specific ways

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Healthy Ideas for Healthy Workplaces – for Employees

When the Mess Feels Too Messy

Sometimes life brings seasons where things not only feel messy, but our mess even starts to feel too messy! In this webinar, we will explore ways that we can help to contain our mess and move through our struggles and challenges with resilience and hope.

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Creating an Inclusive Workplace

Learn more about creating an environment where people feel welcome and valued, no matter the similarities or differences they bring. We discuss policies, attitudes, and opportunities to reduce isolation and foster safety, engagement, and creative solutions to present day problems. Bring your ideas and resources too!

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Healthy Ideas for Healthy Workplaces – for Managers

Leadership in Crisis

Are you a "Do as I say, not as I do" kind of leader? How can you keep leading if you aren't taking care of yourself? Take a few minutes to focus on this with us as we remind you of the simple daily steps you can take to live a more balanced life and be the leader your employees need you to be without sacrificing your own mental health.

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Holding Hope as a Leader

It's no secret that the past years have been filled with many challenges and trials. As a leader, it can be difficult to know how to best help your team continue to find hope amidst the challenge while also trying to find hope yourself. In this webinar, we will explore some of the "to do's and don'ts that may help you find new ways to hold hope for yourself and others.

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Being a Relational Leader in a Task Filled World

Most leaders try to prioritize relationship building and maintenance with their employees. But many experience some difficulties in doing so while also trying to ensure their group is fulfilling their responsibilities within the organization. This webinar is designed to help leaders navigate balancing their employee relationships and the task management needed to maintain a successful organization.

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