# 2016 Webinars

For the upcoming year, we will feature a live session at either 12pm or 3pm Eastern on the day and date listed below.

**January**
**New Year…New You! 10 Financial Resolutions You Can Keep**  
*Presented by CLC Incorporated*
Get your New Year off to a good start by concentrating on 10 financial resolutions that you can actually keep! We will discuss: how health and finances go together, how to create an action plan, and how to implement a monthly budget.
*Join us on Tuesday, January 19th*
Register for the 12pm (Eastern) session [here](#)

**February**
**Surviving the Stresses of Caregiving**  
*Presented by Mary-Ellen Rogers, Excellere*
Caring for an elder can be an ambitious and exhausting task; not only physically demanding, but emotionally draining. In this session we will explore typical sentiments and frustrations of the caregiver and will discuss tactics and resources to make this task manageable, while still enjoying a relationship with your loved one.
*Join us on Tuesday, February 16th*
Register for the 3pm (Eastern) session [here](#)

**March**
**Top Ten Estate Planning Mistakes**  
*Presented by Heather Chubb, Esq.*
We will discuss why everyone needs an estate plan, yes everyone!, and the most common mistakes that people make. We will also review all of the necessary documents included in a solid plan.
*Join us on Tuesday, March 15th*
Register for the 12pm (Eastern) session [here](#)

**April**
**Conflict Management in the Workplace**  
*Presented by Mary-Ellen Rogers, Excellere*
Conflict is inevitable for anyone who interacts with people, at work or in life. For many of us, conflict can literally hijack our emotions. Conflict in the workplace, if not handled well, can be detrimental to one's career.In this session we will define conflict and discuss the 5 basic styles of conflict, learn to assess and manage our own personal conflict style and learn steps to avert conflictual situations.
*Join us on Tuesday, April 19th*
Register for the 3pm (Eastern) session [here](#)
May

The Benefits of Mindfulness
Presented by Dr. Delvina Miremadi
Lots of us would like to be more mindful, and live a more balanced life, but we don't know where to begin. During this session you will earn a few practical techniques, like breathing and meditation exercises, that you can employ at any time (and in just a few minutes!) to get yourself into a more mindful state. A regular mindfulness practice can help you feel better, reduce your stress, and enjoy life more.
Join us on Tuesday, May 17th
Register for the 12pm (Eastern) session here

June

Bringing More Balance Into Your Life
Presented by Cindy Loughran, Professional Coach
You play many roles and have many demands made of your time, making it very challenging to find balance. You will learn a framework and tips for bringing more balance into your life so you can reduce stress and increase vitality, satisfaction and fulfillment.
Join us on Tuesday, June 21st
Register for the 3pm (Eastern) session here

July

Identifying Your Parenting Style
Presented by Mark Hobbins, CEO FamilyIQ
Learn to identify two essential features of parenting and how they affect parenting styles. Understand how a parenting style contributes to - or helps prevent - power struggles between parent and child. Through this learning you will be able to create reasonable expectations for yourself and your child.
Join us on Tuesday, July 19th
Register for the 12pm (Eastern) session here

August

Dreaming of Retirement
Presented by CLC Incorporated
Dreaming of retirement or staying awake worrying? Get tips for a solid plan to retirement. We will discuss: retirement costs, estimated income needed, calculate savings to accomplish goals, and go over options you need to consider.
Join us on Tuesday, August 16th
Register for the 3pm (Eastern) session here

September

Harnessing the Power of your Emotional Intelligence
Presented by Mary-Ellen Rogers, Excellere
For most of us, our IQ, or Intelligence Quotient, represents only about 10% of the impetus for our achievements both personally and professionally. Our EQ, otherwise known as Emotional Quotient, or our ability to understand, empathize and negotiate with others, is a primary predictor of our success, both in life and at work. In this session we will define emotional intelligence, explore the four components of emotional intelligence, and learn to self-assess and regulate our own emotional responses.
Join us on Tuesday, September 20th
Register for the 12pm (Eastern) session here
October  
**Long-Term Care Essentials**  
*Presented by Heather Chubb, Esq.*  
Find out the essential information you need to know now regarding healthcare, finances and opening the lines of communication to keep your independence and enjoy your golden years without worry.  
*Join us on Tuesday, October 18th*  
Registration link coming soon!

November  
**Ready, Set, Relax! Relaxation techniques to Maintain Wellbeing**  
*Presented by Cindy Loughran, Professional Coach*  
We are all living in a near-constant state of stress, running a mile a minute, and forgetting to pause to breathe. The cost of this stress on your health, finances, relationships and work are extraordinary. During this session we will learn a number of simple mental and physical relaxation techniques that will help you gain perspective and maintain your mental, physical and financial health and well-being.  
*Join us on Tuesday, November 15th*  
Registration link coming soon!

December  
**Goal Setting for Your Best Year Yet!**  
*Presented by Cindy Loughran, Professional Coach*  
We all have things we say we’d like to do but, somehow, they never seem to get done. They might be as simple as reading a book or learning a new skill to taking a vacation or completing a project at work. Despite our stated desire to do these things, other priorities get in the way and we don’t do them. In this webinar, you will get tools to help you identify what’s really important to you and you’ll learn how to set specific, attainable goals and develop workable plans for reaching them.  
*Join us on Tuesday, December 20th*  
Registration link coming soon!