

SEMINAR OFFERINGS



2024

SCHEDULING YOUR SEMINAR



Seminars can be delivered in person or virtually. As CCA strives to work with you to provide the best seminar delivery experience, please keep the following information in mind.



ADVANCE NOTICE: At least 4 weeks of advance notice is required when requesting a session.

CUSTOMIZATION: Customization is evaluated on a case-by-case basis and additional fees may apply depending on the nature of the request.

RECORDING: Due to confidentiality and legal concerns, recording is not permitted for virtual or in-person seminars.

HYBRID FORMATS: Hybrid formats (seminars presented simultaneously to an onsite audience and to viewers over a video stream) are not supported.

If there are issues, questions, or concerns about any of the above stipulations, please speak to your Account Executive to discuss and strategize.

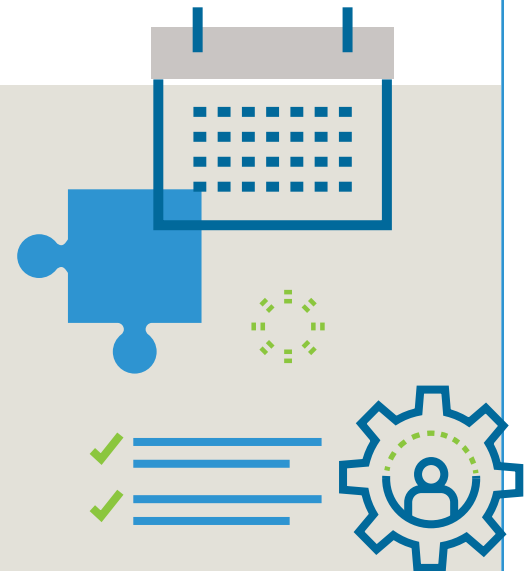
When you are ready to schedule, please submit the following information to your Account Executive:

- Seminar topic
- Date
- Time and time zone
- Location

For virtual seminars – specify platform: CCA Webex, CCA Zoom, or client platform (please indicate)

For in-person seminars – include location address and room. If possible, please also include a description of the room setup/space.

- Primary contact** – specify person's name, phone number, and email address. If different, please also include the local contact person's name and email address.



CANCELLATION POLICY

Seminars cancelled with less than 96 hours' notice will be counted as one of the allotted seminars in your contract or billed at the full fee.

SCHEDULING YOUR SEMINAR

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IN-PERSON SEMINARS

In-person seminars are a good option if you would like to encourage employees to connect with one another and to ensure engagement. Please avoid a hybrid option to maximize in-person attendance.

- When scheduling, consider what day of the week the majority of people are likely to be in the office.
- Consider offering lunch, snacks, or beverages to encourage participation. Participants can bring their own lunch or snacks as well.
- CCA will send a formal seminar confirmation email including the speaker's name and bio approximately two weeks in advance of the seminar date. Begin to advertise the seminar as soon as possible after logistics are confirmed. Request an RSVP, especially if space is limited and/or you'll be ordering food. Follow up with a reminder a few days before the date.
- For increased participation and optimal experience, maximum participation for all in-person seminars is 30 people. **Please notify CCA as soon as possible if there is the potential for over 30 participants.** Additional fees may apply.
- To maximize the participant experience, we recommend that a representative from your organization is available during the presentation to help kick it off and introduce the presenter.

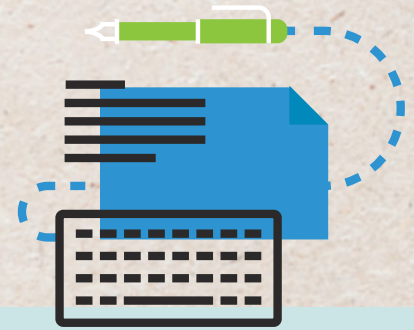
VIRTUAL SEMINARS (WEBINARS)

CCA typically recommends this option if you have a number of employees working remotely or in disparate locations. Your Account Executive will help you coordinate your webinar and the arrangements between our organizations.

- CCA can provide hosting on Webex or Zoom platforms. Please speak to your Account Executive for information about specific options available. Your organization's network must allow external access to these platforms in order for CCA to host.
- Your organization is responsible for distributing the registration link and ensuring that participants are able to access the webinar.
- CCA will send a formal webinar confirmation email including the speaker's name and bio approximately two weeks in advance of the webinar date. Begin to advertise the webinar as soon as possible after logistics are confirmed. For webinars that CCA is hosting on our virtual platform, the registration link will be included in this confirmation email. Please distribute the registration link and request that participants register in advance. Follow up with a reminder a few days before the date.
- For increased participation and optimal experience, maximum participation for all webinars is 75 people. If you will need additional seats, please connect with your Account Executive to discuss. Additional fees may be incurred.
- Your organization can provide hosting for webinars on an internal platform if that is preferred or required based on network configuration. The maximum of 75 participants still applies. Please notify your Account Executive if you need a higher participant count. Additional fees may be incurred.
- Participants must have access to either a computer with speakers or a computer and a telephone.
- The webinar chat and/or Q&A feature can be enabled. Chat messages will be visible to the entire audience, unless the platform allows for direct/private messaging.
- An IT professional should be available during the call to help with any technical difficulties if your organization is hosting the technology.
- To maximize the participant experience, we recommend that a representative from your organization is available during the presentation to help kick off the webinar, introduce the presenter, and monitor questions.
- An attendance list will be made available after completion of the session.



Welcome to our 2024 Seminar Offerings! The training titles that appear in **bold** indicate **new seminars** for this year.



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IN THE WORKPLACE

Active Shooter
Assertive Communication
Benefitting From Ergonomics
Business Etiquette
Business Writing For Managers
Career Development Strategies
Career Transitions
Collaborative Customer Service
Commuting
Components Of Great Communication
Creating A Great Place To Work In Ten Easy Steps
Creating Positive Work Environments
Creative Problem-Solving
Critical Thinking
Dealing With A Challenging Boss
Dealing With Challenging People
Dealing With The Elephant In The Room
Dynamics Of Change Management
Everything You Need To Know About LinkedIn
Five Buckets Principle™
Health And Well-Being In The Workplace
How Financial Stress Affects The Workplace
How To Create The Secret Sauce: The Perfect Team
Making Meetings Effective
Managers Guide To Burnout
Managing Customer Expectations

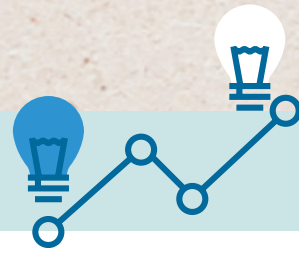
Managing Priorities To Maximize Your Day
Managing Social Connections
Managing Strong Emotions (Employees)
Managing Strong Emotions (Managers)
Mentoring
Motivate, Recognize And Energize Employees
Motivation: Bringing Out The Best
Practical Tips For Returning To The Office
Professional Writing And Email Etiquette
Riding The Change Wave
Science Of Goal Setting
Shifting Priorities: Being Your Best On A Shift Schedule
Staying Connected In Today's Digital World
Stick With It
Storytelling
Stress Management for High-Burnout Professions
Taming Tech
The Art Of Negotiation
The New Resumé
Thinking Traps
Workday Workouts

HEALTHY LIVING

A Balanced Retirement Life
A New Look At Well-Being
All You Need To Know About

Cholesterol
Alzheimer's And Dementia
Avoiding Burnout
Being Positive: The Power Of Positive Thinking
Best Practices For Supporting Others
Bicycle Safety
Body Image
Breast Cancer Awareness
Cafeteria Shopping (*virtual only*)
Clean Living
Community And Giving Back: Leaving Our Footprints
Concentration
Cultivating Curiosity
Cultural Myths In The Media
Dare To Be Bold
Dealing With Sleep Issues
Eating For High Energy
Eating Right For Life
Eating Right On The Run And On A Budget
Embracing Happiness
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Empathy
Fear And Anxiety – Moving Forward
Filling The Nutritional Gaps
Getting Organized
Getting The Help You Need

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Gratitude
Green Tips For The Home
Guided Meditation
Handling And Managing Chaos
Health News
Healthy Aging
Healthy Tips For Business Travel
Holiday Survival Guide
How To Boost Your Self-Confidence
How To Speak With Your Physician
How Safe Are You?
Inflammation, Diet And Disease
Kindness
Learning About Headaches
Life In Today's Uncertain Times
Lightening Your Life With Laughter
Living With Copd
Love
Love (Part 2): Complexities Of Love
Maintaining A Health-Conscious Workplace
Managing Fear and Anxiety
Maximizing Your Brain's Potential
Men's Health
Menopause
Mindful Meditation
Navigating Life Transitions
Nutrition Navigator
Overcoming Burnout
Overcoming Procrastination
Overeating Vs. Binge Eating
Path To Inner Peace
Patient Safety

Perfectionism

Power Of Persuasion: How To Influence Others
Power Of Volunteering
Practicing Forgiveness
Prolonged Grief

Promoting Family Health (Employees)
Promoting Family Health (Managers)
Reclaiming Your Health: The Guide To Recovery
Reducing And Managing Pain Relationships
Relaxation To Suit Your Lifestyle
Resiliency – Looking Back And Looking Forward
Self-Compassion In Difficult Times
Setting Boundaries
Sleep Basics
Staying Strong And Resilient
Stress Reduction Toolkit
Success
Sun Protection
Techno Stress: Today's Challenges In A Digital World
The Art Of Feng Shui
The Truth About Dieting
Tools For Today
Understanding And Coping With Depression
Understanding And Coping With Diabetes
Understanding And Coping With Loneliness
Understanding Your Immune System
Women's Health
What Is Anger?
Women And Depression
You Can Be Smoke Free!
Your Healthy Heart



EXERCISE SERIES

Exercise As You Age
Exercise Basics
Exercise 2.0: Beyond The Basics
Technology And Exercise
The Connection Between Exercise And Mental Health
Yoga (*virtual only*)
Yoga 101 (*virtual only*)
Zumba (*virtual only*)

FAMILY MATTERS

Advance Directives
Authoritative Parenting
Autism Overview
Becoming A Pet Parent
Blended Families
Bullying
Care For The Caregiver
Children And Divorce
Children And Stress
Communicating With Young Children
Co-Parenting
Dealing With Change
Disaster Preparedness
Dual-Career Relationships
Elder Care
Fatherhood: A Day In The Life
First-Time Parenting
Handling A Family Crisis
Healthy Kids
Internet Information For Parents
Keeping Your Aging Loved One Safe
Managing Fear And Anxiety In Children

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Navigating Decisions As A Family
Navigating The Teen Years
Parenting 101
Parenting Your Toddler:
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Build Confidence
Preparing For College
Raising Children To Respect
Diversity In Your Home
Resiliency For Working Parents
Screen Guide
Single Parenting
Step Families

Surviving And Thriving Through
Divorce
Teaching Our Children About
Money
The Effects Of Unhealthy Eating
The Sandwich Generation
Today's Family: Challenges And
Changes
Trust: The Cornerstone Of
Relationships
Understanding Our Family
Members as They Age

PARENTING YOUR TEEN SERIES

Parenting Your Teen: At-Risk
Behavior
Parenting Your Teen: Career And
Life Goals
Parenting Your Teen:
Communicating
Parenting Your Teen: Finances
Parenting Your Teen: Friends And
Family
Parenting Your Teen: Giving Back
Parenting Your Teen: Managing
Conflict And Problem-Solving
Parenting Your Teen:
Relationships

Parenting Your Teen: Sibling
Rivalry
Parenting Your Teen: Social Issues
Parenting Your Teen: Success In
School
Parenting Your Teen: Teens And
Sports
Parenting Your Teen: Test Anxiety
Parenting Your Teen: Tips For
Parents Of Teenage Drivers
Parenting Your Teen:
Understanding Important Health
Issues

WELCOME TO THE WORKFORCE

Buying A Car For The First Time:
New Or Used, Buy Or Lease?
Campus To Career: Transitioning
Into The Workplace
Don't Forget Your Social Life!
Managing A Budget For The First
Time
Productivity Skills
Stress Management For The New
Professional

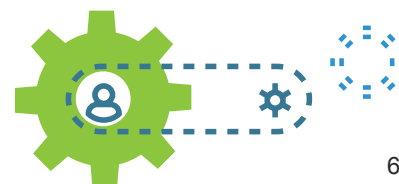
MINDING YOUR MONEY

401k Savings Fundamentals
Basics Of Banking And Banking
Tips
Building Good Credit And
Improving Your Credit Score
College Tuition: Understanding
Financial Aid
Eldercare: Financial Planning
Estate Planning
Holiday Budgeting
Home Buying: The Best
Investment

Identity Theft Protection And
Self-Help
Importance Of Having A Will
Investment Basics
Living Off Your Paycheck
Managing Your Money In
Tough Times
Mind Over Money
Money Attitudes
Money Basics
Planning A Financial Future
Social Security Retirement
Planning
Take Control Of Your Finances
Tax Tips
Today's Financial Trends

TAKE OUR CHILDREN TO WORK DAY

Bff: Best Friends Forever
Creating Your Path
Good Manners Will Get You
Everywhere
If It Can Be, It's Up To Me
Importance Of Imagination
It's Not "All About Me"
Kids And Money
Laugh It Off
Leadership
Two Heads Are Better Than One
What Am I Going To Be?
Who Am I?
Why Can't We All Get Along?



IN THE WORKPLACE



ACTIVE SHOOTER

This seminar focuses on what to do as an organization to plan and rehearse in the event that the organization is a target for an active shooter. In addition, it shares specific actions someone should take if involved in a shooting event.

ASSERTIVE COMMUNICATION

This seminar will cover good communication vs. poor communication as well as understanding what assertive communication is. We will review a communication model to determine the purpose, focus and process of assertive communication. Tips and obstacles to good communication will be reviewed.

BENEFITING FROM ERGONOMICS

Ergonomics is about aligning our work stations/sites/tasks and our bodies. This seminar examines the impact of poor ergonomics on both the worker and the workplace and identifies common risk factors and types of injuries. Participants will have an opportunity to identify problems with an office station setup and discuss common factory issues. This seminar will also offer suggestions for properly setting up an office station.

BUSINESS ETIQUETTE

Good manners and business etiquette have always been based on common sense and thoughtfulness. Social skills can help us build more productive relationships and project a positive image. This seminar will include an interactive discussion on the dos and don'ts of business etiquette, including email etiquette.

BUSINESS WRITING FOR MANAGERS

Second only to verbal communication, written communication is a key to being a successful manager. Not only does effective writing help communicate what the manager is trying to say, but it also creates an image for the reader—whether he or she is a client, employee or associate.

CAREER DEVELOPMENT STRATEGIES

This interactive seminar helps participants build an effective career development plan by taking a strategic look at self-awareness, career options, and current job skills. Participants will explore their true passions, learn how to incorporate those passions into their individual career action plan, and develop strategies for implementation.

CAREER TRANSITIONS

Career transitions are inevitable. Facing them because of downsizing, mergers and relocations takes courage and planning. Regardless of the reason for job change, moving forward can be a satisfying personal journey. This seminar looks at all aspects of job changing, including emotional, self-evaluation, networking and resourcing opportunities. Participants will gain the tools and attitude to build a bright, satisfying future.

IN THE WORKPLACE

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COLLABORATIVE CUSTOMER SERVICE

The objective of this seminar is to understand how to deliver great customer service through effective, professional communication. We will discuss stress management related to working in customer service as well as final comments, action plans and evaluations.

COMMUTING

This seminar covers all aspects of commuting, including ticket purchasing, tips on traveling to and from the station, and making the most of your commuting time. We will cover how to find balance and what family adjustments might be necessary as well as the emotional side of commuting.

COMPONENTS OF GREAT COMMUNICATION

Great communication starts with you, and this seminar will equip you with the tools and skills of a great communicator. The seminar will discuss the importance of first impressions, various communication styles as well as giving feedback. This is a step-by-step seminar for making your communication with others the best it can be at work and also in your life in general. Remember, success in life all starts with you and how you communicate with others!

CREATING A GREAT PLACE TO WORK IN TEN EASY STEPS

This seminar will teach participants the vision and ten steps to creating a great place to work. Participants will come out of this seminar with a clear vision of not only what a healthy work environment is but also how to create it in their workplace. This will be a step-by-step process. To make it work, an investment must be made by each and every person.

CREATING POSITIVE WORK ENVIRONMENTS

Topics covered in this seminar are building trust, positive communication, setting expectations and needs, creative ideas for recognition and rewards, building teamwork, finding meaning in your work, accepting responsibility, and humor in the workplace.

CREATIVE PROBLEM-SOLVING

Every problem has a solution. In this program, we will explore some techniques to help us get to the solution sooner rather than later. This interactive seminar begins by asking for a list of problems that the attendees are currently working on, so they can see real life benefits.

CRITICAL THINKING

Beyond just memorizing facts or learning from rote, learning to think critically expands a person's ability to problem-solve and see things in a new way. By learning how to ask different kinds of questions, we open the floodgates to different ways of viewing concepts. This seminar will take a look at the origins of critical thinking concepts as well as applications in our work and private lives.

DEALING WITH A CHALLENGING BOSS

We all have different perspectives in defining a challenging boss. There may be multiple factors as to why we feel the boss is challenging. Our initial response may be to quit or to look for other opportunities. We may want to avoid looking at the topic and just add stress into our lives or we can learn how to deal with the situation and look for solutions. Learning how to deal with the situation is usually the best course of action. You will also learn how to stay sane in this process.

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DEALING WITH CHALLENGING PEOPLE

We all have different perspectives when defining a “challenging person.” Some people challenge the lives of many others, and then there are types who just get under our skin and “push our buttons.” Regardless of the particulars, we have two choices: 1) learn how to effectively deal with the “difficult” person, or 2) remove the possibility of interaction with them. In this seminar, we will learn how to deal with the difficult.

DEALING WITH THE ELEPHANT IN THE ROOM

“Dealing with the Elephant in the Room” is a communications development seminar in which participants learn the skills to talk to anyone about anything. Participants begin by identifying the uncomfortable issues and realities they face at work and at home. Then they learn how to confront such issues with tact, empathy and clarity. This seminar helps increase productivity and improve relationships by addressing problems, conflicts or misunderstandings proactively.

DYNAMICS OF CHANGE MANAGEMENT

Change is stressful and learning how to manage and cope with it is crucial to our well-being in this ever-changing world. Although the stress of change is unavoidable, you can learn how to deal effectively with change in the workplace and in your personal life. In this seminar, participants will learn effective ways to cope with change in addition to learning how to take charge of those aspects that can be controlled. Core concepts related to stress and the emotional and physical responses to change are discussed, along with effective stress management strategies.

EVERYTHING YOU NEED TO KNOW ABOUT LINKEDIN

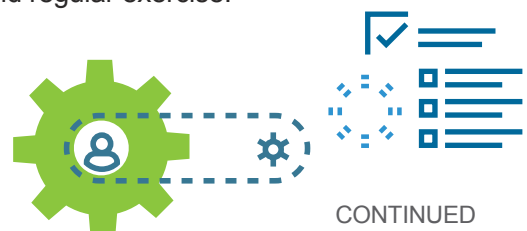
This seminar defines LinkedIn and explains what it does and what it’s used for. The presentation gives instructions for getting on LinkedIn and how to network and connect with the participants’ interests. Participants will also explore types of LinkedIn services, additional networking options and how to use it for marketing.

FIVE BUCKETS PRINCIPLE™

Is it possible to meet the competing demands of finances, friends and family, work, health and community? The resounding answer is yes! In this fun, interactive seminar, participants will learn the Five Buckets Principle of work-life balance to get the tools to prioritize what is and should be important to them. They will learn how to think about the BIG PICTURE without ignoring the little things that matter. We will show them how to find the time to manage it all, including time for themselves and for fun, by identifying priorities, making choices and managing expectations.

HEALTH AND WELL-BEING IN THE WORKPLACE

Discover how to enhance your health, well-being and productivity by relieving stress with simple relaxation techniques. Explore ergonomics and learn how to prevent on-the-job injuries from lifting, repetitive stress (such as carpal tunnel syndrome) and computer-related injuries (headache, eye strain and back pain). The discussion will include work/life balance, how to establish priorities and the importance of healthy eating and regular exercise.



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HOW FINANCIAL STRESS AFFECTS THE WORKPLACE

The past years have proven financial stress is here to stay. New financial pressures have come about that can spillover into work performance. By examining the stressors, participants will begin to take charge of financial aspects of their lives.

HOW TO CREATE THE SECRET SAUCE: THE PERFECT TEAM

This seminar addresses the elements that go into creating a high functioning team. This seminar is an interactive discussion and takes a glimpse into the way a team needs to work in today's fast paced environment. It encourages individuals to think about what they do that adds to the team as well as what they want to work on adding to the team.

MAKING MEETINGS EFFECTIVE

We often have to spend more time in meetings than we would like. Whether you attend or run meetings, we will review how you can make them efficient and productive.

MANAGERS GUIDE TO BURNOUT

Burnout is a serious issue affecting employees across all industries. When left unaddressed, it can drastically lower not only their work performance, but their mental and physical health. In this seminar, managers will learn what burnout actually is, how to recognize it in their employees and how to help.

MANAGING CUSTOMER EXPECTATIONS

There is a perceived expectation that every customer has when going into a business relationship. To manage expectations, you must first start by understanding what the client expectations are. You must learn how to manage your promises and how to measure satisfactions. Delivering on expectations means excellent customer service. In order to understand what your customers feel is a good level of service, you first need to ask them. Find out what your customer wants from your product or service. Then work out how you can meet those needs.

MANAGING PRIORITIES TO MAXIMIZE YOUR DAY

To keep up in today's dynamic and fast-paced business environment, people continuously need to improve their planning and prioritizing skills. Feeling overwhelmed by competing priorities, tight deadlines, meetings, emails and interruptions can derail professional growth, impair team performance and lead to stress and burnout. The focus of this seminar is on obtaining practical skills, tools and techniques to maximize collective gains in effectiveness and increase productivity. Through interactive participation and analysis of their own data, participants will learn a set of tools they can apply on a continuing basis to achieve better results.

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MANAGING SOCIAL CONNECTIONS

Managing social connections is essential for workplaces to be environments of appropriate work relationships between direct reports, employees and supervisors. In a competitive world, savvy searchers can discover corporate strategy that is unintentionally disclosed through network communication on social networks. Workers may expose themselves to wrongful termination, and may expose themselves and their companies to harassment, or other legal actions through inappropriate communications. Participants will learn how to protect their reputations and the integrity of their company.

MANAGING STRONG EMOTIONS (EMPLOYEES)

Strong emotions are inevitable. This seminar goes beyond identifying emotions to managing and controlling ourselves when all of our buttons have been pushed. We need real strategies to say and do the right thing. We will share state-of-the-art techniques that will ensure you will keep your cool.

MANAGING STRONG EMOTIONS (MANAGERS)

Preventing outbursts has become one of our most important tasks. Learn how to read your employees so you can keep strong emotions under control. Additionally, learning how to teach appropriate strategies will be outlined in this seminar.

MENTORING

Explore your potential through peer mentoring. Peer-to-peer mentoring involves solution-based conversation and discussion. The focus is on the individual. Conversations can be diverse, from office policies and politics to work/life balance. Participants will even learn how to find a good mentor.

MOTIVATE, RECOGNIZE AND ENERGIZE EMPLOYEES

This high-energy seminar will help participants create a tool bag of techniques to motivate employees and managers. We will cover self-care, positive psychology, resiliency, laughter and more! This seminar discusses how motivation and recognition lead to increased productivity. Nonmaterialistic ways to make your employees feel special and valued will also be shared.

MOTIVATION: BRINGING OUT THE BEST

In this seminar, we take a look at the inspiring theories of motivation and how they help us in our work every day. The seminar is geared to employees but can be oriented as an effective manager's tool. This is a chance for all of us to examine what gets us going.

PRACTICAL TIPS FOR RETURNING TO THE OFFICE

Returning to the workplace after a period of working remotely can create feelings of uncertainty. This seminar will help you prepare yourself in every aspect ranging from scheduling, financial and even environmental concerns. Preparation is key when trying to alleviate stress about the unexpected!



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PROFESSIONAL WRITING AND EMAIL ETIQUETTE

How do you ensure your email will be read? This seminar identifies the dos and don'ts of email and offers suggestions for writing emails in a way that captures the attention of the recipient and gives them all the pertinent information. The seminar includes information about subject lines, format, content, emotions, grammar and punctuation, signatures and the use of CCs and BCCs.

RIDING THE CHANGE WAVE

Change is one of life's constants. Like waves on the ocean, there will always be one after another. Each one can provide excitement and a challenge, or it can wipe you out. This seminar begins with a look at the change process and types of change, and then provides eight strategies to help when in transition at home or at work.

SCIENCE OF GOAL SETTING

This seminar examines goal setting as a brain function. We will look at how the brain works by creating an awareness of the mental process, thus making it easier for us to develop new habits in relation to goal setting.

SHIFTING PRIORITIES: BEING YOUR BEST ON A SHIFT SCHEDULE

Transitioning to a shift schedule can be a dramatic change for you and your family. Variable schedules pose challenges, but the benefits can be positive, too. In this seminar, we will show that a little planning combined with family cooperation goes a long way to making the most of the opportunities of shift work.

STAYING CONNECTED IN TODAY'S DIGITAL WORLD

With the advances in technology we have today, connecting with others is right at our fingertips. However, loneliness is at an all-time high. During this seminar, we will take a look at how technology has changed our day to day social interactions and how these changes have affected the way we connect and interact with others. We will explore ways to use technology wisely yet still maintain that personal touch in our relationships.

STICK WITH IT

What dreams or goals do you harbor that seem out of reach? In this seminar, participants will gain tips and insights into making those dreams a reality using plans, anticipating what may come, saying "yes," identifying obstacles and the accompanying myths, determining techniques for starting and exploring motivators, flexibility and the ability to keep going.

STORYTELLING

Storytelling is a powerful way of putting ideas into the world. Not only do they move us, inspire us and make us feel alive, stories can bring hope and understanding. This is not just a feel-good seminar; storytelling is now recognized as one of the top five skills needed for business leaders. We will examine what goes into good storytelling and how it can be a powerful tool for business.



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STRESS MANAGEMENT FOR HIGH-BURNOUT PROFESSIONS

This seminar is designed to give participants tools to assess and address employee needs in a high-stress work environment. We will explore what expert research says about the challenges of working in a high-stress environment, including the seven signs that correlate with burnout.

TAMING TECH

This seminar is designed to help participants look at their work habits when using technology. It will help them to look at their usage and organizational skills in order to set new goals for what they need to achieve every day. Part of the challenge is accepting that the workday has gotten longer and harder, and sometimes technology seems to make life worse. This seminar will help to show how technology can and should be our friend.

THE ART OF NEGOTIATION

There is no job that doesn't use negotiation. It is the key to our career success. Since we all know that no one gives us anything for free, it is all about give and take. This is a motivating seminar in which individuals learn to strengthen their own personal negotiation techniques.

THE NEW RESUMÉ

If you have not looked for a job within the last five years, you may not know that the entire job search process has completely changed and, therefore, the role of the resumé is different. In this seminar, we will learn how to create the "new resumé," a suite of documents—both hardcopy and online—that establishes you and your "brand."

THINKING TRAPS

This seminar is an exploratory process as to how negative thoughts can decrease our productivity and our passions. We will discuss the complex view which defines them as well as action plans to overcome them.

WORKDAY WORKOUTS

The objectives of this seminar include understanding why exercise is vital and learning how to easily make exercise a part of your daily life. We will cover why eating nutritiously is just as important as sweating often, and participants will learn some things they can do throughout the workday to stay fit.





A BALANCED RETIREMENT LIFE

The goal of this seminar is to help people ask the right questions to make decisions that are right for them as they approach retirement. We will cover the issues to consider for future planning or to help you evaluate your current road map with a focus on the positive aspects of retirement—not just the challenges.

A NEW LOOK AT WELL-BEING

In this seminar, we will take a look at the factors affecting our well-being, including the pandemic and the impact of today's social, political and economic landscape. We will discuss how to tackle these tough issues so that we can help ourselves and others improve our health and well-being, in spite of the challenges we face.

ALL YOU NEED TO KNOW ABOUT CHOLESTEROL

In this seminar, participants will explore the complex role of cholesterol in nutrition and health as well as determine the numbers that indicate good cholesterol levels. There will be an opportunity to discuss the various types of fats that contribute to good and bad cholesterol numbers. Additionally, diet suggestions will be offered.

ALZHEIMER'S AND DEMENTIA

This is not a medical seminar about what Alzheimer's is; it's a seminar about lifestyle and care for those living with Alzheimer's. You will learn that by living a brain-healthy lifestyle, it is possible to prevent Alzheimer's symptoms. We will talk through and suggest the steps you can take to slow down, or possibly reverse, the process of deterioration that the disease can have.

AVOIDING BURNOUT

Burnout is a state of emotional, mental, and physical fatigue brought on by lengthy or recurring stress. New research shows that through self-care, setting boundaries, and time management, we can avoid burnout all together. Join this interactive seminar to gain confidence in seeking help and roleplay real-life scenarios to practice our skills.

BEING POSITIVE: THE POWER OF POSITIVE THINKING

Although not everyone believes in the power of positive thinking, it is a field that has existed for centuries around the world. Today, scientists understand why the attitudinal approach—positive versus negative—dramatically impacts us as well as our relationships with others. In this seminar, we will discuss our ability to benefit from the power of positive thinking by making changes to our thought process and perspective.

BEST PRACTICES FOR SUPPORTING OTHERS

This seminar will allow participants to begin discussing basic techniques for providing help and supporting others. It will allow them to learn how they can provide support without taking on the role of a counselor/therapist. This seminar will leave those who attend with real-life strategies they can use to help others, listen to other people, and most of all be supportive.

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BICYCLE SAFETY

This seminar will provide you with all the information you need to protect yourself while cycling, from bike maintenance to road safety.

BODY IMAGE

Ever catch yourself looking in the mirror and being judgemental, self-critical and feeling ashamed? Unfortunately, that's normal and from time to time we are probably all guilty of it. If your body image is something you find yourself struggling with on a daily basis, then this seminar will guide you through tips and tools to overcome your image issues and love the whole you for exactly who you are. It's time to make a change and stop picking yourself apart!

BREAST CANCER AWARENESS

The purpose of this seminar is to educate and empower participants regarding breast cancer. This seminar is for informational purposes only. It is not intended to give medical advice, diagnose or make treatment recommendations. Breast self-exam demonstrations can be added.

CAFETERIA SHOPPING (virtual only)

For many people, trying to eat healthy during the workday seems unachievable. This webinar will lead you through the typical cafeteria choices to help you create a personal "shopping list" of foods for better health.

CLEAN LIVING

Clean living is all about cleaning out the toxins in your life. This is a mind/body approach to living a clean and healthy life. We will discuss what adds toxins to your mind and body and how to eliminate them for good. Some aspects of this seminar will discuss how we can establish a healthier way of eating by consuming more whole, nutrient-rich food and, in return, beginning to eliminate the processed food that is a usual part of most people's diets.

We will discuss toxic products we use in the home, vitamins and supplements, and many other topics during this seminar.

COMMUNITY AND GIVING BACK: LEAVING OUR FOOTPRINTS

Fewer things in life give us more joy than helping others. It is a feeling that provides us with purpose and meaning. But the journey to finding and participating in service can be daunting and intimidating. Sometimes it's easier to find reasons not to do something than to do it at all. In this seminar, you will learn the benefits (mental and physical) of service, as well as tips on how to overcome any fears in order to get involved and help you find purpose.

CONCENTRATION

Have you ever driven somewhere, but not remembered the trip? If so, then you can benefit from learning about the importance of concentration and how to improve it.

CULTIVATING CURIOSITY

In today's times, we need to look at what we are curious about and why. Curiosity drives motivation and often encourages us to take our careers and lives to new levels.

CULTURAL MYTHS IN THE MEDIA

In our culture, pictures have become tools used to introduce planned emotional reactions in the people who see them. This goes for news/media outlets as well. In today's world of blogs and online media, it is important to learn how to be a critical viewer in order to distinguish between hype and reality. These images suggest myths and, thus, help construct our views. Participants will learn why these myths matter.

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DARE TO BE BOLD

This seminar encourages us to achieve what we have yet to accomplish and helps us create an action plan to get there. It will touch on why we need to be bold, what holds us back, and what empowers us to move forward. This is a highly motivating seminar that will leave all participants thinking about their next steps in work and life.

DEALING WITH SLEEP ISSUES

Do you have difficulty sleeping? Check out this seminar where you'll explore sleep disorders and their causes (circadian rhythms, insomnia and snoring/sleep apnea), discuss the benefits of sleep studies, and examine sleep's relationship to stress and the release of cortisol. Additionally, you'll identify ways to address insomnia and leave with helpful resources.

EATING FOR HIGH ENERGY

Looking at how food can actually make you feel more energized is the focal point of this seminar. We will discuss blood sugar levels, exercise and best foods to fuel your mind and body!

EATING RIGHT FOR LIFE

Donuts for breakfast, candy bar for lunch? Eating on the run? Does this sound familiar? Participants in this seminar learn the benefits of nutrition, including the importance of making informed food choices to develop and maintain sound eating habits.



EATING RIGHT ON THE RUN AND ON A BUDGET

This seminar will cover real strategies for eating healthfully when time and funds are limited. There are many options, and knowing the truth empowers us to make choices that will benefit both health and wealth. Learn the basics of eating healthy within your financial means as well as when to select organic foods.

EMBRACING HAPPINESS

We have so many “things” at our disposal, but are we really happy? This seminar focuses on what it means to be happy and provides insight into what we need personally to live a happy, more satisfying life.

EMOTIONAL EATING

Are you an emotional eater? This seminar will define and identify reasons for emotional eating. Participants can explore their own personal food history and examine the relationship between mood and cravings. They'll also look at questions to heighten awareness of choices and determine their own eating behavior. For those who want to move out of emotional eating, there are identified steps, best practices and resources.

EMPATHY

How do you show empathy? This seminar examines the spectrum of empathy, how to identify and practice compassion, and the barriers you may face in doing so. In today's world, the word “empathy” is used very often. We need to define and explain what it means and understand the spectrum of empathy and sympathy. Techniques on how to increase our empathic awareness will also be addressed. Examples will be used from both our work and home lives.

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FEAR AND ANXIETY – MOVING FORWARD

Fears and anxieties can cause us to feel nervous and make it harder for us to live our lives with ease. In this seminar, we will talk about the similarities and differences between fear and anxiety, and how they impact our ability to be productive and live well. We will explore how harnessing our thoughts can be a very powerful way to put us on a path toward overcoming our fears and anxieties. Finally, we will cover a variety of coping strategies that can help us to move forward.

FILLING THE NUTRITIONAL GAPS

In this seminar, participants will explore snacking, determine its benefits and examine its impact on blood sugar. They will discuss effective snacking in meeting the body's need for recommended nutrients as well as how myplate.gov can be used to determine and address gaps. Participants will explore the role of fiber, compare and contrast soluble and insoluble fiber and identify sources of each. They will also have an opportunity to engage in an activity using oranges as a food source to meet multiple needs.

GETTING ORGANIZED

If you need help getting organized, this seminar is for you. It helps you determine your own organizational quotient, explores what often gets in the way of organization, and provides strategies on how to start becoming more organized at both home and at work. We'll also discuss storage issues and provide helpful resources.

GETTING THE HELP YOU NEED

Often times in life things can get so busy, we forget to check in and see how we are doing. We need to stop from time to time and evaluate our own mental health. Are we anxious all the time? Sleeping well at night? Overeating or under eating? This seminar will

provide you with the opportunity to evaluate both your emotional and physical wellbeing and untimely assist you in getting the help you might need.

GRATITUDE

This seminar is about learning the science behind gratitude and how it can help to increase the meaningful relationships in all areas of your life. The newest research empowers individuals to learn how to incorporate gratitude both at work and home, and this seminar will incorporate tips to help you do just that. When we focus on what have and can be grateful for each and every day, it offers a new perspective on daily life.

GREEN TIPS FOR THE HOME

This seminar provides an overview of practical actions we can take to reduce our carbon footprint, in addition to detailing the advantages of using organic and natural products. Learn how to increase thermal efficiency and save both electricity and money. The seminar demystifies many elements of an ecological lifestyle to start participants on the road to going green in their own lives.

GUIDED MEDITATION

This is a 30-minute guided meditation practice led by an instructor. Participants will be led through a series of meditation exercises to support mindfulness and relaxation.

HANDLING AND MANAGING CHAOS

This seminar will excite participants on learning how to handle chaos. We have all learned that chaos plays a big role in our lives, and for many this has been a major source of anxiety. We invite participants to examine their preconceived notions of chaos and begin the process of welcoming it into their everyday lives.

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HEALTH NEWS

The sheer volume of health news available today is overwhelming. The good news is we have access to current information to keep us informed and make good decisions about our health and health care. This seminar will teach you to filter out what you need, know which sources to trust, and make sure the information you find is accurate and relevant to your health care decisions.

HEALTHY AGING

There is a new saying that “60 is the new 40.” The way our society looks at age is changing, reflecting longer life spans and conditions never experienced before. The manner in which we relate and interact with our surroundings makes a huge difference in our individual perception of the aging experience. In this seminar, we will discuss age as a state of mind and in relation to our surroundings.

HEALTHY TIPS FOR BUSINESS TRAVEL

Do you love or loathe business travel, or are you somewhere in between? In this seminar, participants will learn what to prepare ahead of time, determine how to avoid unhealthy temptations, and explore how to incorporate exercise, sleep and healthy food choices into business travel. We will also examine hazards and best practices.

HOLIDAY SURVIVAL GUIDE

We all have unique feelings about the holidays. For many, it's a time of celebration, family gatherings and joy. For others, it's a time of sadness and feeling overwhelmed. In this seminar, we examine sources of holiday stress and learn strategies for coping and managing their emotions, time, relationships and finances. We'll also look at the role of holiday traditions and share ideas for organizing tasks and managing holiday demands.

HOW TO BOOST YOUR SELF-CONFIDENCE

In order to handle challenging situations, we need to be at our best and believe in ourselves. This seminar will outline why confidence is so important and how to continue feeling strong and empowered. We will have an interactive, engaging conversation that will help you feel more confident both at work and at home.

HOW TO SPEAK WITH YOUR PHYSICIAN

This seminar is necessary due to all of the changes anticipated in healthcare. Doctors really do not have adequate time to spend with every patient. Thus, every second counts when speaking with a physician. This seminar is designed to give patients a set of specific tools to optimize visits, including pre-appointment preparation and communication during and after an appointment.

HOW SAFE ARE YOU?

We live in a world where personal safety is an issue that cannot be ignored. This seminar covers some basic steps we can all take to be safer in our surroundings, including common sense best practices and options for making yourself safer as well as changes we can make in our personal behavior to reduce the risk of becoming a victim.

INFLAMMATION, DIET AND DISEASE

In this seminar, participants will explore inflammation, including chronic inflammation, and learn how it leads to disease as well as how diet and lifestyle choices impact it. They will also have an opportunity to identify and discuss foods that comprise a pro-inflammatory diet and determine ways to avoid those issues.

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KINDNESS

This interactive seminar explores how the virtue of kindness works to not only improve your own life and the lives of those around you, but also your overall outlook. You will be encouraged to brainstorm ways you can be kinder in today's world (including to yourself!), and how to inspire kindness in others.

LEARNING ABOUT HEADACHES

If you or a family member is a headache sufferer, you know how headaches can disrupt your work and life. In this seminar, we are going to provide you with an overview of headache types, what causes them and helpful ways to prevent and eliminate them.

LIFE IN TODAY'S UNCERTAIN TIMES

The uncertainty of our world poses many challenges for us in our workplace and at home. The increase in stress from social and racial tension as well climate change and global health crises requires having tools to make good decisions. This seminar will look at the dynamics of this environment and provide tools for managing the range of emotions we feel and talking with coworkers regarding sensitive issues, as well as taking care of ourselves and increasing our resiliency.

LIGHTENING YOUR LIFE WITH LAUGHTER

Look at life in a way that takes some of the stress out of it. This informative and enjoyable seminar shares proven techniques for using laughter to reduce stress in your life. The history, practices and beliefs of this therapy as well as how to become more positive will be explored. This seminar reminds participants about the wonderful energizer called laughter, with its many therapeutic benefits.

LIVING WITH COPD

With more than 3 million cases diagnosed each year (Mayo Clinic, 2014) and numerous commercials for new pharmaceuticals on TV and online, there is a clear need for honest, unbiased education on this disease of the lung. No, it is not a disease exclusively for smokers, and no, there is no known cure. However, there are effective treatments, and some are very new! While this is by no means a comprehensive seminar, it serves as an excellent introduction to anyone who is newly diagnosed or knows someone who is. The goal is to spark a conversation on the overall idea of lung health.

LOVE

"What the world needs now is love!" One of the key ingredients to being successful in life is to embrace love in all its complexity. Interestingly, many of us have never embraced studying love. This seminar will delve into defining, analyzing, and challenging us to love ourselves, others, and our job in a more holistic way.

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LOVE (PART 2): COMPLEXITIES OF LOVE

In Part 2 of the “Love” series, we will take a deeper dive into understanding the various levels of love. During this seminar, we will spend some time analyzing our own relationship with love and also discussing what it means to have unconditional love. We will discuss the various relationships in our life where it is standard to love unconditionally, no matter the circumstances. To wrap up this seminar, we will spend some time creating our own unique plans for love in our lives.

MAINTAINING A HEALTH-CONSCIOUS WORKPLACE

For many of us, the last time we heard about incident command, safety, or a healthy work environment was during orientation or the onboarding process, which could be many years ago! However, these topics, among others, have remained relevant, and recent events have highlighted the need to reinforce and reinvent the way we communicate them between yearly renewals of training. This session will examine how employees can become involved and raise awareness of workplace policy management. While not a formalized training on these issues, the session will spark conversation and ideas about how to better implement safety and health-conscious attitudes in the workplace and serve as a springboard to the government-certified courses.

MANAGING FEAR AND ANXIETY

Fears and anxieties are made up of thoughts that are based upon either personal experiences or beliefs. Pretending that these fears and anxieties do not exist, or are not that bad, can actually make them worse. In this seminar, we will learn how to talk through our thoughts to realize that our fears and anxieties are manageable and controllable.

MAXIMIZING YOUR BRAIN'S POTENTIAL

It is extremely important to make the most of your brainpower, for both work and fun. Doing this means taking care of your whole self. Explore how everything you do, including learning, impacts your brainpower. This seminar draws on ongoing research in neuroplasticity, the brain's ability to continue to grow.

MEN'S HEALTH

In this day and age, it is clear that men have their own set of health issues and are less likely to seek help for their medical issues. This seminar will emphasize the importance of preventive measures for men's health and discuss everything from sleep issues to cancer screenings and how to find a doctor.

MENOPAUSE

Even though menopause can be a very unique experience for each woman, there are many things that are shared. This seminar will define menopause and contrast it with perimenopause. It will identify what you can expect and explore potential complications. It will also look at tests, treatments, and remedies, as well as the importance of partnering with your doctor.

MINDFUL MEDITATION

In our busy, “automatic pilot” lives, we may find that we crave opportunities to be mindful. In this seminar, participants will examine the focus of mindful meditation, define it, explore what it is and isn't, identify its benefits, discuss data that supports mindful meditation, and have an opportunity to experience it.

NAVIGATING LIFE TRANSITIONS

Changes in our personal and professional lives often occur around major life transitions, such as moving, marriage, death and divorce. This seminar provides strategies to make these transitions easier.

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NUTRITION NAVIGATOR

Looking to plan some healthy meals during your busy week? Looking to better understand components like nutrition labels, blood sugar levels, and fiber? This seminar is a nutrition navigator that will help you begin to plan healthy meals and introduce some of the nutrition basics on your journey to a healthier you!

OVERCOMING BURNOUT

If you're feeling overwhelmed by the pressures of everyday work and home life, then this seminar focusing on the issues of burnout will help bring your life back into balance. Learn to identify the symptoms of burnout and explore strategies for coping with and avoiding burnout.

OVERCOMING PROCRASTINATION

Do you tend to “get stuck” and put things off? Are you often faced with panic surrounding a deadline? Many of us tend to procrastinate at times; it's vitally important to understand what motivates your procrastination. Join us to discover why you procrastinate, and learn tactics to get unstuck and move productively forward!

OVEREATING VS. BINGE EATING

Food fuels and prepares us for activities and events, as well as replenishes us after a long day. Eating too much every so often is normal. So is eating for emotional reasons. However, compulsive overeating and binge eating are serious disorders that aren't always easy to spot in loved ones, family members and friends. Symptoms, treatments, health concerns, and effects will be discussed in detail. Along with this info, we will talk about what you can do to help yourself or a loved one — whether it be through individual counseling, group therapy, or alternative means.

PATH TO INNER PEACE

Would you like to walk the path to inner peace? This seminar can show you the way. Participants will explore letting go of things that work counter to that goal, and how one's past may help. They'll determine how to come to acceptance and learn best practices for maintaining inner peace.

PATIENT SAFETY

We and our loved ones are all patients of the health care system at one time or another, and it is critical for our safety and care that we are well-informed. This seminar will help make patients aware of their rights and remind them of the potential problems that can arise in hospitals or under a physician's care.

PERFECTIONISM

By looking at this complicated topic through a critical eye, the dangers of “being perfect” will be examined. This seminar will be a motivational discussion on the importance of changing this behavior today. Walk away with real suggestions and strategies on overcoming perfectionism.

POWER OF PERSUASION: HOW TO INFLUENCE OTHERS

We all need to talk people into doing—or out of doing— things at certain points and for various reasons. During this seminar, we will cover best practices, tips, examples and strategies for shifting your style appropriately and effectively.

POWER OF VOLUNTEERING

In this seminar, the physical, intellectual and emotional benefits of volunteering are discussed in depth. Participants will gain a deeper understanding of both the personal and professional benefits of volunteering.

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PRACTICING FORGIVENESS

We all carry around grudges—some small, some huge—that can potentially leave lasting effects. The consequences of living with grudges include negative relationships, weight gain, jealousy towards others and even difficulty achieving success at work. The art of forgiveness allows us to “let go” and move on.

PROLONGED GRIEF

Our grief has been transformed by the trauma of the pandemic. Prolonged grief has been added to the DSM-V to address changes in the ways people grieve. Learn the definition of prolonged grief and how it affects us cognitively, emotionally and physically. Also explore ways to cope, treatment options, and resources for support.

PROMOTING FAMILY HEALTH (EMPLOYEES)

It is a family’s responsibility to take care of each other. This seminar will empower people with knowledge to promote healthy living on the home front.

PROMOTING FAMILY HEALTH (MANAGERS)

When managers show they care, employees are more likely to be more dedicated to their work. Managers will learn how to empower employees with knowledge to promote and maintain healthy living on the home front.

RECLAIMING YOUR HEALTH: THE GUIDE TO RECOVERY

Many people today are struggling to regain a healthy lifestyle after a life-threatening disease, addiction, or physical and/or mental disability. Learn how to overcome “symptom management mode,” gain back energy and be your most productive.

REDUCING AND MANAGING PAIN

Whether you’re experiencing short-term or chronic pain, this seminar is for you. We will discuss everything from symptoms/causes to treatments, and the mind/body connection associated with pain.

RELATIONSHIPS

The definition of a good relationship is that the partner you are with wants to see you grow and get better and better. This seminar encourages interactive and lively dialogue about misconceptions of relationships, the meaning of fulfillment, the importance of communication and the real definition of relationship bliss.

RELAXATION TO SUIT YOUR LIFESTYLE

Relaxation is necessary for staying healthy—physically, emotionally and psychologically. This seminar will explore the obstacles to practicing relaxation and provide practical tips and techniques to fit every lifestyle.

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RESILIENCY – LOOKING BACK AND LOOKING FORWARD

The past few years have brought us change, transition, joy and loss. This seminar will allow us to reflect, learn from our experiences and exhale, shifting our focus to the future and to positive growth. As an interactive session, we will discuss moving forward while acknowledging our experiences.

SELF-COMPASSION IN DIFFICULT TIMES

In difficult times, offering ourselves as much self-compassion and kindness as we offer to others is crucial to our physical and emotional wellbeing. We all have different ways of responding to challenges, but something everyone can do is learn self-compassion tools to practice and share with others.

SETTING BOUNDARIES

With all of life's demands and our growing to-do lists, setting boundaries can be the key to being successful and avoiding feeling overwhelmed. In this seminar, we will take a deep dive into some best practices for boundary setting: how to define reasonable limits, how to set expectations with others and how to stay consistent with our boundaries.

SLEEP BASICS

In this seminar, you will learn the physical and mental benefits of a good night's sleep, how to establish daily habits that promote sleep and ways to improve your sleep environment. You will also learn techniques for relaxation and dealing with insomnia. Special customized slides are available for women and men.

STAYING STRONG AND RESILIENT

Have you recently changed jobs, had a change or loss in your life or begun caring for an aging relative? How do you handle challenges, problems and hardships in your life? Learn strategies for staying strong and resilient, maintaining a positive outlook and reducing stress in your life.

STRESS REDUCTION TOOLKIT

How do you know you are stressed? Do you recognize the symptoms of stress? Explore the newest research and what experts are saying about good and bad stress. Participants will gain the tools to manage stress, including mindful communication. Versions of this seminar are also available with a focus on CISD, tragedies, or veterans' unique needs.

SUCCESS

In today's world, success looks very different than it used to. In this seminar, participants will define success, identify skills to increase it, and examine what current research suggests about success. This interactive seminar will ask you to identify your goals and take actionable next steps to achieve your independent success level. This state-of-the-art seminar will look at what the term means in today's ever-changing world. We will delve into how our recent experiences have redefined success in our lives.

SUN PROTECTION

We all know that it's important to wear sunscreen and limit sun exposure, but do we understand the long-term damage the sun can cause? This will be an in-depth seminar that will review and address the dangers of the sun. In this seminar, we will discuss sunburn and sun protection tips, as well as topics related to the summer heat like heat rash and dehydration. Participants will leave this seminar with a true understanding of how to protect themselves from the risks that the sun poses.

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TECHNO STRESS: TODAY'S CHALLENGES IN A DIGITAL WORLD

“Stress” is a word that relates to many topics. In this seminar we will learn and discuss a specific type of stress that comes from using technology. There are 5 components to this term, and learning about them will help reduce our “techno stress.”

THE ART OF FENG SHUI

The ancient Chinese practice of Feng Shui has grown in popularity recently, but what is it? This seminar defines its roots and how its principles can be applied to create a healthy home and work space. Participants will look at the impact of clutter, the role of color and the five elements associated with Feng Shui. They will also leave with suggested resources to learn more about the concept.

THE TRUTH ABOUT DIETING

In this seminar, we will discuss why many diets don't work and, more importantly, explain what does work. When to eat, what to eat and how much to eat, among other topics, will be covered in this seminar that will leave you with a good idea of how to maintain a healthy weight the right way!

TOOLS FOR TODAY

This seminar walks participants through the various tools we can use to enhance our lives, including mindfulness, routines and boundaries. It reminds us the importance of prioritizing our mental and physical health. We will review best practices and encourage use of these critical tools for improving our well-being.

UNDERSTANDING AND COPING WITH DEPRESSION

Depression occurs in people of all genders, ages and backgrounds. It's among the leading causes of disability worldwide and affects about 121 million people. In

this seminar, we will discuss the causes, symptoms and impact of depression as well as ways to both seek and receive help. Though depression can be reliably diagnosed, few of those affected actually receive the proper treatment. We will learn the barriers to treatment as well as ways to overcome them for a happier, healthier life.

UNDERSTANDING AND COPING WITH DIABETES

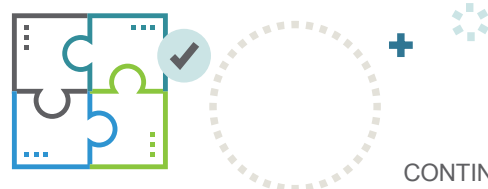
What is diabetes? This seminar will answer all of your questions! During this seminar, we will discuss causes, signs and symptoms of diabetes and look into the differences between the multiple types of diabetes. By the end of this seminar, we hope to help participants become aware of lifestyle and nutrition changes that can help them to prevent, reverse and/or better manage living with diabetes.

UNDERSTANDING AND COPING WITH LONELINESS

Loneliness is something that can affect our overall health and well-being, as well as our mental health. All your questions plus some very practical suggestions and tips for overcoming loneliness will be discussed during this seminar.

UNDERSTANDING YOUR IMMUNE SYSTEM

The immune system is complex, intricate and interesting. In this seminar, we will take a look at how your immune system works so that you can understand what it is doing for you each day and what it is not, as well as the effects of nutrition, exercise, sleep and stress on your immune system.



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WOMEN'S HEALTH

Women often have an intuition when something is wrong and are more likely to seek out medical help. However, women are not always aware of the risks of heart disease and strokes, both of which are silent killers of women, as well as many cancers. The good news is there are many preventative steps you can take and this seminar will cover those as well as the signs, symptoms and alternative solutions available today.

WHAT IS ANGER?

What is anger to you? We all tend to get angry at times. In this seminar, we reflect on our past and how anger affects us. Knowing exactly what anger is — and what it is not — is a big step in helping us learn how to keep it under control. Discussing the best practices to avoid any lasting feelings of anger or resentment can help us live a happier and less stressful life.

WOMEN AND DEPRESSION

Discover the depth of this illness and its effects on your life, professionally and personally. We will discuss the signs, causes and ways to cope and get help. Seminars for both employees and managers are available on this topic.

YOU CAN BE SMOKE FREE!

Ready, set, quit! This seminar will provide information, facts and strategies for smokers to become nonsmokers. Participants will develop personal action plans to reach their goals.

YOUR HEALTHY HEART

Paying attention to your heart health is one of the best things you can do to improve your quality of life, longevity and overall health. In this seminar, we will touch on the various terms and factors you need to know for better heart health.



EXERCISE AS YOU AGE

Understanding the changes in the mechanics of the body as it ages—and how these changes affect what kinds of exercise is optimal—is crucial to overall health. During this seminar, we will learn how to prevent many common injuries and illnesses through fitness and wellness.

EXERCISE BASICS

You know you should exercise, so let's get back to basics! Whether you are a new, lapsed or experienced exerciser, this seminar will get you started and keep you on the right track. We'll look at the components of fitness, how physical activity plays a big role in our overall health, and how to get out of "excuse mode." A great way to begin or refresh your exercise program!

EXERCISE 2.0: BEYOND THE BASICS

You know the basics of exercise, so how do you take your fitness training to the next level? We will look at the principles of fitness training and apply them to case studies. Participants will be able to use this knowledge to plan their own progressive workouts and maximize the benefits of their workout time.

TECHNOLOGY AND EXERCISE

Dive into the rapidly expanding world of technology in the fitness industry, and learn how to benefit from this immense inflow of information and innovation. From new types of exercise routines and equipment to suggested apps and tech wearables, knowing what is available can provide an advantage in reaching your exercise goals.



THE CONNECTION BETWEEN EXERCISE AND MENTAL HEALTH

Exercise is great for our bodies. Our hearts love it, it boosts our immune system, and it helps to reduce our risk for contracting many diseases. But what can it do for our mental state? Come explore how exercise contributes to a healthy brain, what actually happens to our brain when we exercise and why it is so essential to our mental health.

YOGA (*virtual only*)

Stretch and relax while simultaneously improving strength and balance during this one-hour yoga practice. Your instructor will model proper form onscreen with a backdrop of calming music.

YOGA 101 (*virtual only*)

This informational seminar covers a brief history of yoga and provides descriptions that clarify the differences between some of the most popular types of yoga in the United States. We will end the session with a chance to practice some of the exercises we have discussed.

ZUMBA (*virtual only*)

Get your heartrate up with a Latin dance-inspired cardio workout. It's the fun way to get into shape while listening to music that makes you want to move.

ADVANCE DIRECTIVES

There are many life issues that you can't prepare for, but advance directives—just as the name implies—are the exception. This seminar will define advance directives and identify the benefits. Participants will learn about living wills and durable powers of attorney for health care. We will also identify strategies for communicating with older relatives about the need for advance directives as well as resources that can help you complete your own advance directives.

AUTHORITATIVE PARENTING

There are times when we need to take control of our children and their lives. This parenting seminar focuses on responsiveness and demands. It's designed to be very interactive, and real-life scenarios will be discussed. We will also review communication techniques, appropriate discipline, and listening skills. This seminar will be most relevant for parents of children up to 12 years old.

AUTISM OVERVIEW

Autism is an issue that impacts many families. This seminar is designed to provide an overview of the signs and symptoms of autism, as well as offer some guidance on how to cope with the challenges of raising an autistic child. There will be opportunity for discussion and review of resources as well as guidance around obtaining help and support.

BECOMING A PET PARENT

Have you been considering pet adoption? This seminar offers pertinent information to prospective pet parents, with topics



ranging from selecting the right type of pet for your family, to expenses associated with pet care, to the differences between pet stores and animal shelters. Attendees will also be provided with numerous topics for further research to aid in their pet adoption journey.

BLENDED FAMILIES

This seminar will explore what a blended family is and discuss the benefits of being part of a blended family. We will touch on family values as well as the expectations of both the parent and the child/children of a blended family.

BULLYING

In this seminar, parents will begin by looking at current statistics about bullying to understand the nature of the problem. We will discuss how to know if your child is either bullying or being bullied, as well as family risk factors that can influence bullying. We will also cover cyberbullying.

CARE FOR THE CAREGIVER

Nearly one out of three Americans is providing care for a family member. This seminar will cover the issues of self-care, how to assess your family needs, and how to maintain balance in your life. We will also discuss common emotions caregivers may experience and discuss special caregiving situations.

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CHILDREN AND DIVORCE

This seminar will discuss many issues affecting children and divorce, including how to tell your children, reassure them and deal with self-blame. We will look at their basic needs at this time, how to achieve continuity while living in multiple homes, and how to help children communicate their reactions, emotions and needs.

CHILDREN AND STRESS

Stress impacts children as young as seven years old. How can we help children have a happier and more balanced childhood? This seminar outlines the causes and signs of stress. When should parents be alarmed? What are the red flags to look for in our children? We will discuss the symptoms of stress in children and techniques that will help on an everyday basis.

COMMUNICATING WITH YOUNG CHILDREN

This seminar specifically covers how to communicate with young children. We will explore the importance of good communication, what to expect at various stages, and what kinds of communication techniques work best with younger children.

CO-PARENTING

Parenting itself is a challenging responsibility. For parents who are going through a separation or divorce, it can create a completely new set of challenges. The good news is, with planning and understanding you can parent just as effectively. In this seminar, participants will discuss challenges and review strategies for effective co-parenting.

DEALING WITH CHANGE

Change is inevitable in life. This seminar will equip participants with the tools they need to successfully navigate change as a family. We will discuss the big and small changes happening in participants' lives and address what is needed to work through them as a family, while acknowledging that change may be harder for some and everyone will react differently. Children, partners, spouses and friends will all be addressed.

DISASTER PREPAREDNESS

When unexpected events such as natural disasters occur, we're often unprepared and ill-equipped to deal with them. In all situations, basic knowledge and preparation is the key to survival and recovery. We will talk about people and pets as well as how you can prepare everything from documents to home protection—what to have ready to go and how to plan with your family.

DUAL-CAREER RELATIONSHIPS

Dual-career relationships require special attention to remain healthy, productive and loving. Recognizing that not everyone may have grown up with a dual-career model, this seminar gives participants tools to evaluate where they are, what they need to do, and how to keep communication channels open in order to effectively cope with today's competing priorities, demands and schedules.

ELDER CARE

It's not uncommon for one family member to be the sole caregiver for an older relative. This seminar will teach participants how to create a family approach to caregiving. We will discuss how family dynamics and family history impact a family's ability to work together as caregivers. Participants will learn strategies for problem-solving and managing conflicts with siblings and other family members.

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FATHERHOOD: A DAY IN THE LIFE

This seminar will explore the value of fatherhood and the responsibilities and challenges faced by fathers today. We will work on establishing a healthy daily routine for you and your family, as well as share tips for managing priorities.

FIRST-TIME PARENTING

First-time parenting can be exciting, overwhelming and exhausting. Although everyone will have their own individual journey as a first-time parent, this seminar will help to prepare you for some of the things you can expect. In this seminar, you will also learn some tips for staying sane, getting sleep, asking for help, and more!

HANDLING A FAMILY CRISIS

For those who may be going through a family crisis or simply want to prepare, this seminar will cover managing expectations and guilt as well as coping with financial challenges and what to expect during transition times. This seminar can also be geared toward managers supporting employees going through a family crisis.

HEALTHY KIDS

Healthy kids lead to healthy adults. We will discuss the research behind living a healthy life and practicing preventative health for kids, as well as the impact healthy living can have on kids' minds and bodies as they grow. The areas of discussion include nutrition for kids, exercise, immunizations, and sleep, to name a few.

INTERNET INFORMATION FOR PARENTS

This seminar will look at the risks and realities of the Internet as well as the benefits. We will discuss the importance of learning

the language of the Internet and how to identify concerns and potential dangers. Participants will learn strategies to increase safety online with instant messaging, social networking, and chat rooms.

KEEPING YOUR AGING LOVED ONE SAFE

We all want to be safe and enjoy the best life possible as we age. For that to happen, both caregivers and seniors need to be informed about basic safety procedures. This seminar will introduce six areas of safety procedures, with resources and tips that seniors and caregivers can use to stay as safe as possible through the years. (This seminar is available in two parts, each covering three areas, or as a combined presentation.)

MANAGING FEAR AND ANXIETY IN CHILDREN

During this seminar, we will discuss important tactics to help deal with anxiety and fear in children of all age groups. Attendees will learn that our own fears and anxieties must be handled in order to provide proper support to children. After completing this seminar, you will be able to help your children cope with their anxieties with compassion, structure, and flexibility.

NAVIGATING DECISIONS AS A FAMILY

Sometimes there is no choice; decisions are made and we need to learn the tools to be able to communicate about them with our children and families. In this seminar, we will address the questions you may have about how to navigate family decisions with as little stress as possible. We will address decisions you may be facing, concerns you may have, and how your decisions will affect the entire family.

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NAVIGATING THE TEEN YEARS

This seminar will touch on very important topics for parents who are—or will soon be—navigating the teen years with their child/children. Participants who attend this seminar will begin to look at the difference between what is important to their teen vs. what is important to them. During this seminar, you will discuss risky behaviors and how to prevent them, managing conflicts with your teen, and best practices for managing those tricky teen years.

PARENTING 101

This hands-on seminar details the trials and tribulations of parenting. Basic parenting philosophies are discussed as well as how they apply to real-life situations. Topics include discipline, eating, sleeping, academics and values.

PARENTING YOUR TODDLER: COMMUNICATE, MOTIVATE, AND BUILD CONFIDENCE

The toddler stage is the most active stage of any child's development. Toddlers are continuously going through developmental milestones such as experiencing growth patterns, physical coordination, their first friends, learning how to communicate with complete sentences, and coping with fast-changing emotions. In this seminar, you will learn best practices for supporting your toddler's development during these formative years.

PREPARING FOR COLLEGE

A child going to college is a major family milestone; household dynamics will never be the same. Preparing your child, yourself, and the rest of your household for a productive transition is the goal of this seminar.

RAISING CHILDREN TO RESPECT DIVERSITY IN YOUR HOME

We all come in different shapes and sizes, and we have different backgrounds, beliefs and abilities depending, in part, on where we come from—adoptive families, single-parent households, blended families, families with stay-at-home fathers and same-sex households. The care and support family members offer to one another is essential to the developmental process and to adequate functioning of children in today's society.

RESILIENCY FOR WORKING PARENTS

Today's working parent needs to build resiliency in order to prevent burnout. This seminar will give you the tools to manage stress while maintaining a sense of work and family life balance.

SCREEN GUIDE

In today's digital world, many parents are conflicted as to when and how often to let children use their "screens." During this seminar, we will help parents define limits for themselves and their families. As setting limits often brings many challenges, we will delve into how to tell our children why guidelines are necessary. We will also recommend some of the apps/web sites that have been approved.

SINGLE PARENTING

This seminar offers a basic discussion of the challenges of raising children as a single parent. Techniques for caring for your children's needs while still having time for yourself and your own needs will be covered. We will also discuss how to enjoy life even if it has become different than what you had expected.

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STEP FAMILIES

This seminar will explore what a step family is and why it can be such a wonderful and strong part of you and your life. The seminar will touch on family values as well as the expectations of both the parent and the child/children of a step family. It will also discuss the benefits of being a part of a step family.

SURVIVING AND THRIVING THROUGH DIVORCE

This seminar provides helpful and practical information for those experiencing all stages of a divorce or separation. We'll cover topics including an overview of the divorce process, litigation versus mediation, coping skills, and tips on surviving the emotional toll of divorce or separation.

TEACHING OUR CHILDREN ABOUT MONEY

Surveys repeatedly show that many teenagers do not understand even basic financial concepts. This seminar will explore how our own values and attitudes about money may impact how we teach our children and communicate about money. We will discuss parental attitudes toward allowances and working as well as how to set goals and create spending and saving strategies.

THE EFFECTS OF UNHEALTHY EATING

The effects of unhealthy eating are a major contributing factor to the onset of chronic diseases, such as type 2 diabetes and heart disease. This seminar will explore differences in eating attitudes from a cultural perspective and identify how different beliefs and traditions may influence behaviors and health outcomes.



THE SANDWICH GENERATION

Most employees today will face having to take care of an elderly relative while they are still taking care of their own children. People in this stage are known as the "Sandwich Generation." This seminar will discuss how to collect information, communicate with compassion, be proactive and respectful and cope with the issues people in the Sandwich Generation must face.

TODAY'S FAMILY: CHALLENGES AND CHANGES

Regardless of the unique make-up of your family, almost all families face similar challenges. Parenting is still one of the toughest jobs we have. This seminar looks at the history of families and offers some best practices for how to have a healthy family, including some fun things families can do together. This seminar is meant to be discussion-based.

TRUST: THE CORNERSTONE OF RELATIONSHIPS

A cornerstone of every relationship is trust. Defining trust and understanding its components are the keys to having meaningful relationships in our personal lives and at work. We will discuss why you need trust, how you get it, how you lose it, and how you get it back.

UNDERSTANDING OUR FAMILY MEMBERS AS THEY AGE

We often don't talk about how it feels to watch our family members grow older. In this seminar we will detail and discuss the aging process at a high level. We will encourage participants to consider financial and health concerns, and to make sure that we are comfortable with asking for the help we know we will need.

PARENTING YOUR TEEN SERIES



PARENTING YOUR TEEN: AT-RISK BEHAVIOR

This session addresses the realities of today—the good news and bad news. We will discuss essential facts of at-risk behavior and give parents the chance to have frank discussions about their fears. Parents will learn what they really need to know, as well as what to do—and what not to do.

PARENTING YOUR TEEN: CAREER AND LIFE GOALS

This seminar is designed to help parents discuss career and life goals with their teens in a positive way by looking at their teen's personal values, interests and work skills. Parents will learn to help teens discover their true passions.

PARENTING YOUR TEEN: COMMUNICATING

Feel like you and your teen are speaking different languages? In this seminar, we will discuss how to create a comfortable climate for parent/teen communication and review basic rules, dos, don'ts, and best practices so you and your teen can communicate more openly and effectively.

PARENTING YOUR TEEN: FINANCES

Learning about money at a young age is very important. As a parent, you can teach your teen about finances by determining how your own money values impact your teen. Learn how to teach them about having financial goals and how to develop autonomy with money.

PARENTING YOUR TEEN: FRIENDS AND FAMILY

This seminar helps parents of teens understand the distinction between the relationships teens have with their family, and relationships teens have with their friends. We will discuss communication breakdowns, rewards and the importance of communication, as well as best practices and advice for families with teens.

PARENTING YOUR TEEN: GIVING BACK

Researchers say that people who offer love and support to others have better mental and physical health, less chronic pain, less depression and a better overall sense of well-being than those who are less altruistic. The goal of this seminar is to help parents foster a sense of giving back in their teens.

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 to help each parent support their teen in becoming a mature young adult who is capable of making good decisions independently in order to eventually manage their life in appropriate, autonomous ways.

PARENTING YOUR TEEN SERIES

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PARENTING YOUR TEEN: RELATIONSHIPS

Adolescence is a time when peer relationships intensify, teacher and work relationships grow in significance and parental relationships are routinely challenged. This seminar will define relationships, review best strategies and discuss conflict resolution techniques to share with your teen.

PARENTING YOUR TEEN: SIBLING RIVALRY

Many parents are faced with sibling rivalry in their households. In this seminar, we will examine the habits that may encourage rivalry and discuss how to lessen tensions between siblings—and even between parents.

PARENTING YOUR TEEN: SOCIAL ISSUES

To understand teen social issues, you have to learn what is important to your teen as well as what is important to you. We will review best practices for handling “the biggies” and give you some important takeaways and resources to deal with your teen.

PARENTING YOUR TEEN: SUCCESS IN SCHOOL

Parents will learn which healthy habits are important to school success, how to help teens deal with teachers and academics, and how to encourage teens to get organized. Parents will also learn to recognize when their teen is overinvolved or under involved, how to handle discipline and how to help them deal with peer pressure.



PARENTING YOUR TEEN: TEENS AND SPORTS

Teens today are exposed to multiple entertainment avenues that foster inactivity, such as video games, television and other media devices. Obesity rates among teens are rising at an alarming rate. Participation in organized sports is a great solution, but when is it too much? In this seminar, we will discuss the importance of providing our teens with balance and perspective for the activities they choose.

PARENTING YOUR TEEN: TEST ANXIETY

Test anxiety is a reality for many teens that prevents them from demonstrating their competencies academically. This seminar will give parents tools to assess whether their teen has test jitters or test anxiety. Parents will also learn how to help teens manage the anxiety with proactive exercises.

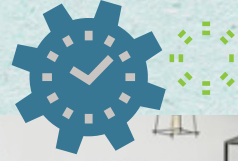
PARENTING YOUR TEEN: TIPS FOR PARENTS OF TEENAGE DRIVERS

In this seminar, we will review statistics on teen driving and learn the major causes of accidents—and how to prevent them. We will help parents understand the factors to determine driving readiness as well as discuss proven strategies for parents to manage and guide their teen with this milestone of independence.

PARENTING YOUR TEEN: UNDERSTANDING IMPORTANT HEALTH ISSUES

This candid seminar will help parents understand the physical changes of boys and girls during puberty and how to cope with these changes. We will discuss the importance of supporting your teen’s mental and physical health.

WELCOME TO THE WORKFORCE



BUYING A CAR FOR THE FIRST TIME: NEW OR USED, BUY OR LEASE?

Deciding to either pay for a new car or lease one for the very first time can be a tough financial decision. There is a lot to understand when it comes to this type of purchase. Weighing options between different fees for leasing or being able to shell out higher payments when buying a car is a lot to figure out on your own. This seminar will help you learn what the best decision for you might be when it comes to this crucial purchase.

CAMPUS TO CAREER: TRANSITIONING INTO THE WORKPLACE

For most graduates, it can be challenging to make the transition from a college student to a working professional. Trading the campus life and study sessions for a full-time job is a big change that not everyone is prepared for. Making sure you stay motivated early on is key when it comes to transitioning into the workforce. “Campus to Career” is a perfect seminar for anyone learning to juggle and accommodate the new lifestyle.

DON'T FORGET YOUR SOCIAL LIFE!

Are you working your life away? Don't forget from time to time that it's important to close that mental office “door,” kick back for some leisure and fun and remember that stress reduction activities are an essential part of life. Make time for your favorite hobbies as well as the people who are important to you. This seminar is all about balancing your job with your social life.

MANAGING A BUDGET FOR THE FIRST TIME

Your first big job comes with your first big paycheck. But it also comes with the tough questions about what you're going to do with this hard-earned cash. Taking time to devise a plan can be a critical part of the process. This seminar will help you to create a good budgeting plan and to analyze your income and expenses.

PRODUCTIVITY SKILLS

Being productive is not just limited to finishing your work, but organizing your tasks, building relationships with colleagues, and being able to manage your time effectively, as well as learning new skills, such as multitasking and being able to block out distractions. This seminar will give you tips and pointers on how to be more productive at work each day.

STRESS MANAGEMENT FOR THE NEW PROFESSIONAL

Stress, especially the pressures of handling a new profession, can be difficult to deal with. Knowing effective ways to help deal with this stress is critical to being positive every day at work. Excessive stress can interfere with your emotional and physical well-being, which is not the way anyone would like to start their new career. In this seminar, you will learn ways to cope and manage your stress levels to keep yourself at the top of your game.

MINDING YOUR MONEY

401K SAVINGS FUNDAMENTALS

The goal of this seminar is to provide you with a fundamental understanding of the power of retirement savings and why it is so important to save now. Although these are the key topics, learning how to invest in 401(k) savings plans will not be such a daunting problem once you learn the fundamentals. By starting early in a plan, you will have the advantages of building up wealth accumulation for retirement. Finally, we will provide you with information on resources.

BASICS OF BANKING AND BANKING TIPS

Learn the different aspects of banking, banking products, services and procedures and their effect on managing your money. In this seminar, we will understand the role of a bank in the creation of money supply, the importance of maintaining a healthy cost-to-income ratio and the basic concepts of accounting, such as assets, liabilities, debits and credits. Participants will also learn to balance multiple accounts and understand the difference between mutual funds vs. CDs.

BUILDING GOOD CREDIT AND IMPROVING YOUR CREDIT SCORE

Your credit score is very important—if you don't have a good score, there are ways to make it better. In this seminar, we will explain how the FICO system works, what you should and should not do, and how you can use this information to improve your credit score.



COLLEGE TUITION: UNDERSTANDING FINANCIAL AID

Financial aid is an umbrella term that includes many different types of grants, loans and other methods of assistance to pay tuition. This seminar helps parents understand the college financial aid process, which can make a high tuition college more affordable than imagined. Participants learn how to apply as well as how to understand what the financial aid package means to their own financial lives as well as their children's.

ELDERCARE: FINANCIAL PLANNING

Many of us help our older relatives with their finances. This seminar will provide you an opportunity to create a budget of wants and needs. It will cover the basics of Social Security and Medicare as well as scams that have affected seniors. You will also learn some warning signs that your loved ones may need extra help.

ESTATE PLANNING

This seminar does not offer legal advice but does explain the documentation needed for estate planning. You will learn the terms for will-planning, guardianships and trusts, and review the pros and cons of various options.

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HOLIDAY BUDGETING

We may have our budget under control during the year, but at the holidays it can become harder to manage. This seminar will help you avoid waking up on January 2 thinking, “How could I have spent that much?!” This motivational seminar teaches a skill set to keep holiday spending in balance.

HOME BUYING: THE BEST INVESTMENT

In today’s economy, there are few investments that offer as good a return as a home. In this seminar, we will explain the process of buying a house and the preparation necessary for such a major, long-term investment. We will cover terminology and provide you with resources so you can make informed decisions when buying a home.

IDENTITY THEFT PROTECTION AND SELF-HELP

Identity theft has become a fact of life for many Americans. This seminar reviews how it occurs and can be prevented, as well as how to recognize red flags. You can also learn action steps to take if it happens to you. A checklist and resources to prevent, protect and recover from identity theft are provided to participants.

IMPORTANCE OF HAVING A WILL

You work hard for your money and should make sure it and your other assets end up where you want upon your death. There is much confusion about what you need to do to preserve your wealth and intentions. Participants will leave understanding the components and alternatives.

INVESTMENT BASICS

This seminar will help you understand the difference between saving and investing, and how to identify your investment goals and the keys to investing. We will discuss how to create a mix of investments that fit your needs and a plan to get started.

LIVING OFF YOUR PAYCHECK

Common sense, no-nonsense advice for making ends meet. This seminar will cover goal setting and how your money beliefs can affect the way you save and spend. We will discuss how to reduce debt, learn the difference between “meat” and “gravy” and consider how to increase your wealth.

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. Today’s financial times have changed not only the rules, but also how we need to react. In this seminar, we will try to give you new ways to think and new actions to implement to not only survive tough financial times, but actually come out even—or if not ahead.

MIND OVER MONEY

This seminar examines your personal history with money and how money affects emotions, as well as healthy vs. unhealthy attitudes and best practices in dealing with money decisions.

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MONEY ATTITUDES

This seminar takes a deeper dive into the newer field of Financial Psychology and Financial Therapy. The topics covered include: Money Scripts, Mindset vs. Skillset, Financial Beliefs, and the Partner/Spouse Dynamic with tips to overcoming each.

MONEY BASICS

In this seminar, we will discuss spending and saving. Included will be information on various types of credit, including secured and unsecured, as well as how to understand credit scores and how to manage bill-paying.

PLANNING A FINANCIAL FUTURE

Preparing for the future means having financial resources to fall back on in the event of an emergency while building wealth with savings and investments. Yet too many of us are not saving like we should be. In this seminar, we will talk about some typical roadblocks to saving and how we can deal with them.

SOCIAL SECURITY RETIREMENT PLANNING

There are many aspects to social security that employees should be made aware of well before retirement age. Due to deadlines for applying as well as understanding how benefits work, planning is very important. This seminar reviews what people need to know and when they need to act so that they can then include social security retirement in their financial plan.

TAKE CONTROL OF YOUR FINANCES

For many individuals and families, dealing with finances is challenging. If you get to the end of the month with no money left over, or feel like money has control over every aspect of your life, then this seminar is for you. You will learn the basic skills to “Take Control of Your Finances.” You will also learn to communicate about your finances and develop a plan to achieve your financial goals.


TAX TIPS

This seminar will help you understand the secrets of reducing your taxable income, how to break down the federal tax reporting system and how to remove the mystery of the tax return. You will learn how to use deductions and exemptions to reduce your taxes. Discover simple changes to what you are already doing and the four strategies to save tax dollars.

TODAY’S FINANCIAL TRENDS

We are living in times of uncertainty and change. As a result, we need to be aware of both current financial trends and the tried-and-true financial principles that have served us well throughout the years. In this seminar, participants will learn the impact that inflation and the cost of living have on a household budget. They will also learn about the protections available to us through the FDIC and NCUA. We can all reduce our stress levels by learning to better communicate about our goals, values, and objectives, and making a conscious effort to spend money where it matters most to us.

TAKE OUR CHILDREN TO WORK DAY



Custom, age-appropriate and interactive seminars for children in one-hour, half-day or full-day formats. Presenters tailor seminars to the developmental abilities of participants on topics that will help them be happy and productive at home, in school, and in future careers.



BFF: BEST FRIENDS FOREVER

An exploration of the synergy and health of good friendships

CREATING YOUR PATH

Exploring interests, making connections and building a future.

GOOD MANNERS WILL GET YOU EVERYWHERE

Professional and personal etiquette for children.

IF IT CAN BE, IT'S UP TO ME

Learning to be accountable and exploring school and professional careers options.

IMPORTANCE OF IMAGINATION

An exploration of the importance of creativity in problem-solving.

IT'S NOT "ALL ABOUT ME"

Perspective-building event.

KIDS AND MONEY

An introduction to financial literacy.

LAUGH IT OFF

Tips for managing stress with humor and perspective.

LEADERSHIP

What makes a good leader and what it takes to be one.

TWO HEADS ARE BETTER THAN ONE

Benefits and strategies for collaborative problem-solving.

WHAT AM I GOING TO BE?

A course in career preparation and exploration.

WHO AM I?

Every child is more than gender, grades and peer assessment.

WHY CAN'T WE ALL GET ALONG?

Tips for dealing with difficult relationships and working together.



About CCA

Since 1984, CCA has been helping organizations improve performance by optimizing the potential of their greatest asset—their people. Recognized as innovators in organizational development, workplace risk management, and employee assistance, we are expertly positioned to help leaders elevate their businesses to the next level.

