Free Webinars
Quarter 3 of 2023

Sleep Hygiene  7/14/2023  9:30 – 10:30am
Recent research in neuroscience on sleep hygiene and on the value of sleep is explored in this session. Sleep is a powerful determinant of physical, psychological, and intellectual well-being. Participants will complete an assessment of their sleep behaviors, learn about optimal sleep durations, and learn 12 ways to improve their sleep. Participants will also be provided with information for keeping a sleep journal.
https://attendee.gototraining.com/r/4678021086365065985

Unexpected Outcomes: Loneliness  8/8/2023  12:30-1:30pm
It might be called a “perfect storm” of circumstances: the isolation associated with a pandemic, the rise of social media dependence and the political volatility of a country. Together these factors are creating even more isolation as well as distrust and disconnection among human beings. We are experiencing a profound loneliness in the United States, and it is particularly strongly felt by younger generations. What have we learned this far? What are the warning signs? What are the consequences of this loneliness? How does it affect the workplace? What can we do to help ourselves and each other? Find out in this seminar.
https://attendee.gototraining.com/r/8262057357984586753

Winning Practices for Boosting Children’s Confidence  9/13/2023  3:30pm-4:30pm
In this seminar we look at current research on human development specifically as it relates to children developing self-confidence and self-esteem. What can parents do to best support their children’s development? We will explore Erik Erickson’s eight stages of development and discuss strategies for parenting along the way. Join us and share your parental experiences so that we can all learn from each other!
https://attendee.gototraining.com/r/7391791705576702465