



Smashing the Anger Cycle

With Paul Dubal and Leona Banfield



Join Us Live for our first of 4 virtual Fireside Chats!

Dealing with difficult colleagues on zoom? Does anger and frustration ruin your day?

Dealing with COVID overwhelm?

We get it. We've been there. And we can help you Smash It!

Follow us for Future Fireside Chats:

Breaking Free of Fear & Worry

Stress Busting

Building Resilience in the Workplace

SAVE THE DATE! **Wednesday March 3 @ 1pm** EST

