

Live Webinars

Time:

1:00 PM EST

10:00 AM PDT

11:00 AM MST

12:00 PM CDT

Jan. 21, 2026

Work-Life Balance That Actually Works

Feeling stretched too thin? This session focuses on realistic strategies to help you manage work demands while still having energy for life outside of work. Learn simple, practical ways to reduce burnout and create balance that fits your real schedule.



Feb 18, 2026

Simple Self-Care Strategies for Everyday Stress

Learn practical ways to reduce stress, protect your energy, and support your mental and emotional wellbeing – with tools you can start using right away.



March 18, 2026

Mindfulness for Real Life (and Workdays)

This webinar explores practical mindfulness tools you can use during the workday to improve focus, manage stress, and respond more calmly to challenges.



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April 22, 2026

Proactive Stress Management for Everyday Life

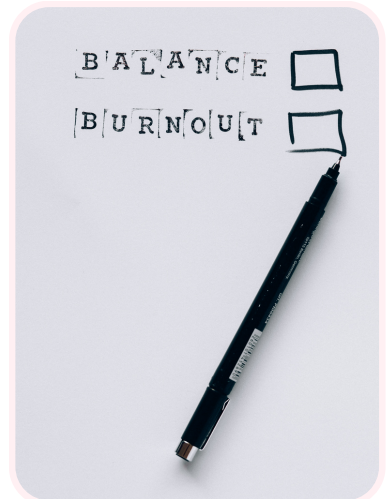
Discover simple, proactive strategies you can use at work and at home to manage stress, strengthen resilience, and prevent burnout before it starts.



May 20, 2026 12:00 PM EST

Recognizing and Preventing Burnout: Practical Strategies for Work and Well-Being

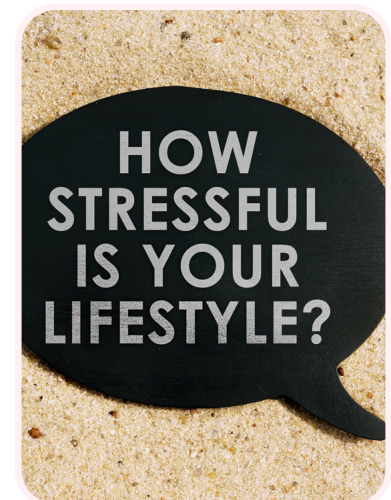
This session explores how to identify burnout early and offers practical strategies for building resilience, restoring balance, and maintaining healthier habits in everyday life.



June 17, 2026

How Stressed Are You—Really?

Stress can show up in ways we don't always notice. In this webinar, you'll learn how to use the Stress Profiler to better understand your stress levels, identify triggers, and take informed steps toward managing stress more effectively.



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July 22, 2026

Meditation Made Easy

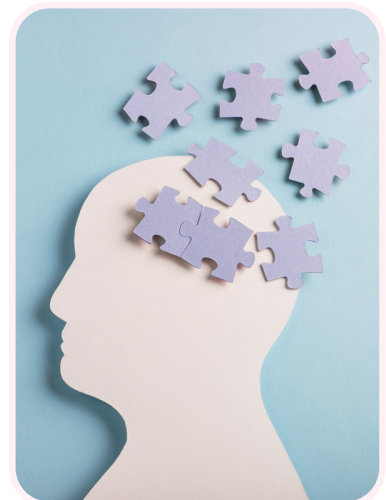
Curious about meditation but not sure where to start? This session introduces simple mindfulness and guided meditation practices that support relaxation, self-awareness, and mental clarity—no experience required.



August 19, 2026

Change the Way You Think About Stress

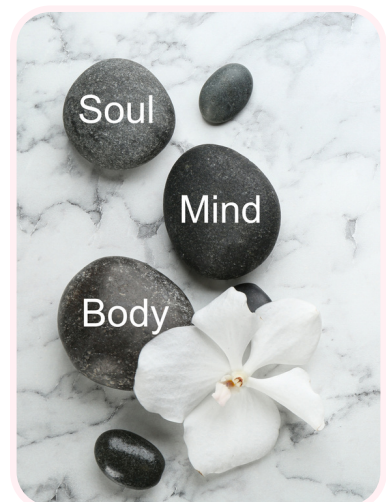
This session explores cognitive-behavioral strategies to help you identify unhelpful thought patterns, challenge them, and respond to stress with greater clarity and control.



Sept. 23, 2026

Using Yoga to Support Relaxation and Wellbeing

Discover how simple yoga poses, breathing exercises, and meditation can help release tension, calm the mind, and support both physical and mental wellbeing.



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October 21, 2026

Simple Relaxation Tools for Everyday Stress

Learn simple tools you can use anytime to reduce physical and mental tension. This webinar covers easy relaxation techniques that support calm, focus, and overall wellbeing.



Nov. 18, 2026

Thriving Through the Holidays

Discover techniques to navigate holiday stress, protect your energy, and maintain healthy routines—so you can stay connected, present, and relaxed during the season.

