

2021

Wellness Seminar Calendar



View the seminars on demand — anytime, anywhere. Submit a question and receive a response via email. Questions are logged in a FAQ section so you have the ability to browse and learn from the questions of others.

| | Theme | Title | Description |
|-----|----------------------------------|---|--|
| JAN | Reframing Your World | Reframing Your World Available on Demand Starting Jan 19th | Discover the practical ways to reframe your perspective to live a more present and positive life. |
| FEB | Setting Goals | Setting Goals for Your Future Available on Demand Starting Feb 16th | Learn how to strategically set short-term and long-term goals to help you succeed in all areas of your life. |
| MAR | Planning for Success | Planning for Success Available on Demand Starting Mar 16th | Explore the secrets behind being more organized and more efficient to help combat and reduce overwhelm. |
| APR | Financial Security | The Steps to Financial Security Available on Demand Starting Apr 20th | Understand the practical ways you can feel more secure and more stable in your finance management. |
| MAY | Addressing Anxiety | Addressing Anxiety in an Uncertain World Available on Demand Starting May 18th | Learn how to recognize and manage anxiety to actively combat the physical and mental effects in a practical way. |
| JUN | Healthy Relationships | Building Healthy and Happy Relationships Available on Demand Starting Jun 15th | Identify the ways to build and maintain healthy relationships with those around you, with a focus on the importance of boundary setting. |
| JUL | Summer Holiday | Maximizing Your Summer Break Available on Demand Starting Jul 20th | Learn some straightforward and effective ways to make the most of your summer holiday and maximize the moments and memories for you and your family. |
| AUG | Building Confidence in Children | Raising Confident Children Available on Demand Starting Aug 17th | Attain the skills and insight to boost your children's confidence and self-esteem and help them to become empowered and resilient adults. |
| SEP | Being Present | Switch on to Being More Present Available on Demand Starting Sept 21st | Discover the key to being more present and actively taking the time to digitally disconnect to spend quality time with those around you. |
| OCT | Embracing Differences | Embracing Diversity and Differences Available on Demand Starting Oct 19th | Learn about how to live and work in a way that is respectful, kind, and embraces diversity in all walks of life. |
| NOV | Caring for our Elders | Caring for Our Elders Available on Demand Starting Nov 16th | Find out more about the aging process and how to both practically and emotionally care for elderly relatives. |
| DEC | Making Time to Make a Difference | Paying it Forward Available on Demand Starting Dec 21st | Understand the small but powerful ways that everyone can 'pay it forward' and make a difference to the lives of others. |

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