

Life Skills, Change & Work-Life Integration

Adaptability, Balance,
Real-Life Application

Better Boundaries

Explore Healthy Boundaries & How to Set Them

This session explores the many types of healthy boundaries, the benefits of setting limits and how to establish them. Additionally, communication strategies for expressing personal needs and wants will be an integral focus. If you're seeking stronger relationships, greater work satisfaction and a clearer sense of self, this session is for you!

Dollars & Sense

Focus on Your Financial Health

Wellness is holistic, and financial wellness can be an integral part of mastering stress and improved life satisfaction. Both short-term and long-term financial planning are essential for all – whether you are single, married, exploring further education or getting ready for retirement. Come ready to learn basic action items that will set the stage for success in several ways – building your savings, creating a budget, establishing investments/retirement accounts, planning for education and more.

Maximize Your Morning

Winning Ways to Start the Day

While it's true that you likely have a preferred time of day where you feel especially "at your best", there's something magical about the morning hours. Each morning is a new beginning, and how you begin your day has the power to set the tone for the balance of your day. Let's explore how to maximize your morning with healthy rituals that serve you well all day long.

Navigating Change & Uncertainty

Strategies to Grow Through the Unexpected

Change, growth and adaptability are our defining characteristics. For some, the idea of change can be intriguing, exciting and/or elicit thoughts of adventure. For others, change can threaten comfort, stability, security and/or trigger an uneasy or fearful stress response. While knowing exactly what the future holds isn't feasible, it's easy to fall into the pattern of assuming life will stay the same. Then, when receiving unexpected news, it can be difficult to navigate living with uncertainty about important life situations.

Join us to explore skills and strategies for a supportive, growth-oriented mindset along with simple and repeatable mind/body practices to use in times of duress. Key learning objectives include expecting change and uncertainty, uncovering how to operate with hope and optimism, developing healthy coping and self-care strategies and preparing your personalized change plan.

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Put Life in Drive

Methods to Shift Mindset & Maximize Motivation

Life can be both challenging and uncertain, resulting in distress, worry, overwhelm, difficulty focusing and an overall loss of energy or excitement. Whether you're looking to boost your enthusiasm for moving more, eating better, improving mood or some other focus area, mindset work is ideal for reframing your thoughts, rewriting limiting beliefs and adjusting self-talk to shift toward greater hope and optimism.

This session also explores key drivers of motivation, providing insights on what historically motivates human behavior.

Wellness in a Virtual World

Explore Technology & Well-Being, While Enjoying the Best of Both Worlds

It's a fact that technology is rewiring our brains and creating new challenges across the health and wellness landscape. People wrestle with being connected to technology and large networks of people, while also feeling disconnected from true social support.

Join us for discovery and discussion related to creating a healthy relationship with technology and establishing (or maintaining) healthier daily rituals within your personal and professional lives.