

2016 Webinar Calendar

Please join us for our live webinar series. Each month, we feature a 45 to 50 minute presentation with a subject matter expert followed by a live Q&A session!

Please note, registration access for the following webinars will be available on the Webinars tab of our [website](#).

January

Date: Tuesday, January 19th, 2016 at 11:00am CST

Presenter: Curt Padilla, CLC Incorporated

Topic: New Year...New You! 10 Financial Resolutions You Can Keep

Get your New Year off to a good start by concentrating on 10 financial resolutions that you can actually keep! We will discuss: how health and finances go together, how to create an action plan, and how to implement a monthly budget

[Register for the 11am \(CST\) session here.](#)

February

Date: Tuesday, February 16th, 2016 at 2pm CST

Presenter: Mary-Ellen Rogers, Excellere Inc.

Topic: Surviving the Stresses of Caregiving

Caring for an elder can be an ambitious and exhausting task; not only physically demanding, but emotionally draining. In this session we will explore typical sentiments and frustrations of the caregiver and will discuss tactics and resources to make this task manageable, while still enjoying a relationship with your loved one.

[Register for the 2pm \(CST\) session here.](#)

March

Date: Tuesday, March 15th, 2016 at 11am CST

Presenter: Heather Chubb, Esquire

Topic: Top Ten Estate Planning Mistakes

We will discuss why everyone needs an estate plan, *yes everyone!*, and the most common mistakes that people make. We will also review all of the necessary documents included in a solid plan.

[Register for the 11am \(CST\) session here.](#)

April

Date: Tuesday, April 19th, 2016 at 2pm CST

Presenter: Mary Ellen Rogers, Excellere Inc.

Topic: Conflict Management in the Workplace

Conflict is inevitable for anyone who interacts with people, at work or in life. For many of us, conflict can literally hijack our emotions. Conflict in the workplace, if not handled well, can be detrimental to one's career. In this session, we will define conflict and discuss the five basic styles of conflict, learn to assess and manage our own personal conflict style and learn steps to avert conflictual situations.

[Register for the 2pm \(CST\) session here.](#)

May

Date: Tuesday, May 17th, 2016 at 11am CST

Presenter: Dr. Delvina Miremadi

Topic: The Benefits of Mindfulness

Lots of us would like to be more mindful, and live a more balanced life, but we don't know where to begin. During this session you will learn a few practical techniques, like breathing and meditation exercises, that you can employ at any time (and in just a few minutes!) to get yourself into a more mindful state. A regular mindfulness practice can help you feel better, reduce your stress, and enjoy life more.

[Register for the 11am \(CST\) session here.](#)

June

Date: Tuesday, June 21st, 2016 at 2pm CST

Presenter: Cindy Loughran, Professional Certified Coach

Topic: Bringing More Balance Into Your Life

You play many roles and have many demands made of your time, making it very challenging to find balance. You will learn a framework and tips for bringing more balance into your life so you can reduce stress and increase vitality, satisfaction and fulfillment.

[Register for the 2pm \(CST\) session here.](#)

July

Date: Tuesday, July 19th, 2016 at 11am CST

Presenter: Mark Hobbins, CEO FamilyIQ

Topic: Identifying Your Parenting Style

Learn to identify two essential features of parenting and how they affect parenting styles. Understand how a parenting style contributes to - or helps prevent - power struggles between parent and child. Through this learning you will be able to create reasonable expectations for yourself and your child.

[Register for the 11am \(CST\) session here.](#)

August

Date: Tuesday, August 16th, 2016 at 2pm CST

Presenter: Curt Padilla, CLC Incorporated

Topic: Dreaming of Retirement

Dreaming of retirement or staying awake worrying? Get tips for a solid plan to retirement.

We will discuss: retirement costs, estimated income needed, calculate savings to accomplish goals, and go over options you need to consider.

[Register for the 2pm \(CST\) session here.](#)

September

Date: Tuesday, September 20th, 2016 at 11am CST

Presenter: Mary-Ellen Rogers, Excellere Inc.

Topic: Harnessing the Power of your Emotional Intelligence

For most of us, our IQ, or Intelligence Quotient, represents only about 10% of the impetus for our achievements both personally and professionally. Our EQ, otherwise known as Emotional Quotient, or our ability to understand, empathize and negotiate with others, is a primary predictor of our success, both in life and at work. In this session we will define emotional intelligence, explore the four components of emotional intelligence, and learn to self-assess and regulate our own emotional responses.

[Register for the 11am \(CST\) session here.](#)

October

Date: Tuesday, October 18th, 2016 at 2pm CST

Presenter: Heather Chubb, Esquire

Topic: Long-Term Care Essentials

Find out the essential information you need to know now regarding healthcare, finances and opening the lines of communication to keep your independence and enjoy your golden years without worry. You will learn how to avoid common mistakes and also how to start these sometimes difficult conversations with those you love.

[Register for the 2pm \(CST\) session here.](#)

November

Date: Tuesday, November 15th, 2016 at 11am CST

Presenter: Cindy Loughran, Professional Certified Coach

Topic: Ready, Set, Relax! Relaxation techniques to Maintain Wellbeing

We are all living in a near-constant state of stress, running a mile a minute, and forgetting to pause to breathe. The cost of this stress on your health, finances, relationships and work are extraordinary. During this session we will learn a number of simple mental and physical relaxation techniques that will help you gain perspective and maintain your mental, physical and financial health and well-being.

[Register for the 11am \(CST\) session here.](#)

December

Date: Tuesday, December 20th, 2016 at 2pm CST

Presenter: Cindy Loughran, Professional Certified Coach

Topic: Goal Setting for Your Best Year Yet!

We all have things we say we'd like to do but, somehow, they never seem to get done. They can range from simple to complex: reading a book, learning a new skill, taking a vacation, or completing a project at work. Despite our stated desire to do these things, other priorities get in the way and we don't do them. In this webinar, you will get tools to help you identify what's really important to you and you'll learn how to set specific, attainable goals and develop workable plans for reaching them.

[Register for the 2pm \(CST\) session here.](#)