



Focus on renewal: Visualize your path

Even if you know where you want to go, it can help to look ahead. Visualizing your path can help you make a plan to jump any hurdles that may stand in your way.

This month, listen to a podcast about improving your communication skills, watch a Let's Talk video about believing in yourself and more.

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Life's Moments

Military life and transitioning

In this heartfelt blog post, Joel Acevedo shares his personal journey transitioning from military to civilian life, highlighting the challenges and growth experienced along the way. Through his story, Joel underscores the importance of resilience, adaptability and the strength found in embracing life's diverse chapters.

[Read the blog](#)



March webinars

Register today for upcoming webinars:

- **Are you ready: Emergency Preparedness**
[Mar 7 @ 3 p.m. ET / 12 p.m. PT](#)
- **Bullying in the workplace**
[Mar 12 @ 3 p.m. ET / 12 a.m. PT](#)
- **No more FOMO: Fear of missing out**
[Mar 21 @ 3 p.m. ET / 12 p.m. PT](#)
- **Building self-esteem in children and teens**
[Mar 28 @ 3p.m.ET/ 12 p.m. PT](#)

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