

## Retirement: What does it mean for you? – July 9 @ 3 p.m. ET



Retirement is about more than just projecting your future financial needs. It's thinking and planning for a whole new phase of your life. Join this webinar to get ideas and insights on your options at retirement. Learn about:

- Where your parents' retirement went
- What the "new" retirement looks like
- Tips for designing your retirement so it works for you

## Making stress your best friend – July 16 @ 3 p.m. ET



It seems like we're always focused on ways to reduce stress. Yet having stress in your life serves important purposes. Join this webinar to learn more.

- See how stress can be your "early warning system"
- Learn about resilience and stress hardiness
- Find out how stress can fire up your energy and creativity"

## What's your personal brand? – July 23 @ 3 p.m. ET



Whether you know it or not, you are always selling a product - You! And aren't you a product worth buying? When it comes to growing your career, you want to stand out from the rest. This webinar will review:

- What makes up a personal brand
- How to identify your values and skills
- How you can make your brand work for you

## Raising resilient teens – July 30 @ 3 p.m. ET



Parenting teens comes with its own set of challenges. And as you prepare to launch them into adulthood, you want them to thrive - even when times are tough. This webinar will review:

- The importance of resilience
- How you can help your child build skills for resilience
- Ways to care and cope as a parent