

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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