

**January 10, 2018 | 1:00p ET / 12:00p CT**  
**Successful Relationships** [Register Here](#)

Relationships are complex and can be difficult to navigate at times. From family and friends to coworkers and management, each relationship is unique and requires care and attention to be successful. This webinar discusses respect, boundaries, and self-awareness; the importance of communication; and teaches ways to deal with conflict.

**February 14, 2018 | 1:00p ET / 12:00p CT**  
**Enhancing Your Life with Positive Thinking** [Register Here](#)

We know that optimism is beneficial to life satisfaction. But did you know that being positive can also mitigate stress, decrease depression levels, improve coping skills, and even increase your lifespan? This month's webinar covers the dos and don'ts of common thought patterns, and discusses positive self-talk, shifting your mood, and practicing gratitude.

**March 14, 2018 | 1:00p ET / 12:00p CT**  
**Taxes and the IRS** [Register Here](#)

Tax time is upon us and many of us wish we knew more about how it all works. Whether you're already ahead of the game or plan to file later, the financial experts at F<sup>3</sup>E will shed some light on this annual deadline. Learn about tax-free savings, the difference between tax-deferral and tax-deductible, and get a better idea about exactly where our taxes go.

FOR SUPERVISORS

**March 28, 2018 | 1:00p ET / 12:00p CT**  
**Reaching Your Leadership Potential** [Register Here](#)

Whether you are just starting out in management or have been leading others for years, there's always room for growth. Created specifically for supervisors, this session helps unlock your leadership potential as you identify your strengths, fine-tune your skills, and learn how to utilize your energy to boost productivity.

**April 11, 2018 | 1:00p ET / 12:00p CT**  
**How Stress Affects Men and Women Differently** [Register Here](#)

We all experience some amount of stress each day. The effect this has on our mental and physical well-being can vary depending on our coping and resilience abilities. It may surprise you, however, that the impact also differs across the sexes. Get perspective on how the effects of stress are different for women and men, and learn specific strategies useful for stress management.

**May 9, 2018 | 1:00p ET / 12:00p CT**  
**Helping Loved Ones Age with Grace** [Register Here](#)

While most of us hope to live a long time, rarely are we able to truly grasp what life will be like in our golden years. This discussion highlights common issues seniors face, such as feeling isolated and the struggle of losing independence. It also helps you prepare for and deal with caring for your loved ones' health decline and the potential need for ongoing care.

**June 13, 2018 | 1:00p ET / 12:00p CT**  
**Pursuing Your Dreams** [Register Here](#)

Everyone has personal and professional aspirations, yet too often we find that just as John Lennon sang, *"Life is what happens to you while you're busy making other plans."* Our dreams don't have to take a backseat to daily life, though, and this webinar helps you discover what energizes you, how to set effective goals and realistic expectations, and the importance of rewarding yourself.

FOR SUPERVISORS

**June 27, 2018 | 1:00p ET / 12:00p CT**  
**Learning to Lead: Tips from Seasoned Supervisors** [Register Here](#)

If you're new on the leadership scene, you may be excited and eager to take on more responsibility. You may also feel a little lost, overwhelmed, or unsure where to start. With the valuable insight and advice from seasoned supervisors you'll learn what has worked best for them; how to become a confident leader; shift gears and manage former peers; and build a dream team.

**July 11, 2018 | 1:00p ET / 12:00p CT****College Planning Strategies** [Register Here](#)

With demanding tuition costs and the implications of student loan debt, you may be tempted to abandon one of the biggest educational investments you can make in yourself or your child. Armed with the right strategies earning a degree can be within reach. The financial experts at F<sup>3</sup>E discuss college-planning strategies, debunk financial aid myths, evaluate tuition sources, and teach you how to assess the financial need based on your family's goals.

**August 8, 2018 | 1:00p ET / 12:00p CT****Getting a Good Night's Rest**[Register Here](#)

Sleep is nature's reset button and, as research continues to reveal, it is vital to our overall well-being. We are also learning that it could be less about how *much* sleep we get, and more about the *quality* of rest during our slumber. Still, getting a good night's sleep seems to elude many of us. This month's webinar discusses the benefits of sleep, reveals common culprits of sleep deprivation and interference, and provides helpful strategies for catching better Zzz.

**September 12, 2018 | 1:00p ET / 12:00p CT****Bullying Basics** [Register Here](#)

Bullying continues to be a major issue in our country and, surprisingly, it takes on many forms. From humiliation and intimidation, to physical harm and outright discrimination, bullying occurs all around us every day. This webinar identifies the signs of bullying among children, as well as the symptoms of a hostile work environment. It also discusses the importance of accepting others, mitigating bias, preventing harassment, and reporting abuse.

**FOR SUPERVISORS****September 26, 2018 | 1:00p ET / 12:00p CT****5 Ways to Own the Day: Secrets to Time-Saving Success** [Register Here](#)

There is only so much we can accomplish in a day; yet as tasks pile up we often feel pressured to complete more and more in a span of time that will never increase. The only real solution is to make more efficient use of the time we are allotted. This webinar will offer you tips to take back control of your day in order to become a productive, time-saving master.

**October 10, 2018 | 1:00p ET / 12:00p CT****The Opioid Crisis** [Register Here](#)

This webinar provides an introductory awareness to our country's national opioid crisis. Learn about opioid addiction and symptoms, the types of opioids, and the effects this drug is having on our society. This session also explores the steps of rehabilitation and recovery, as well as ways to cope with a loved one who is going through addiction and recovery.

**November 14, 2018 | 1:00p ET / 12:00p CT****'Tis the Season for Stress: The Holiday Handbook** [Register Here](#)

The holiday season tends to bring with it an increase of food, parties, spending money, and time with family. It is wonderful, yet overwhelming at times. We will suggest ways to maintain realistic expectations and provide planning strategies to help you manage the balance between family time, friends and celebrations, and your wallet. With the help of our holiday handbook, you can keep your snow globe intact and your stress at bay so you can make the most of the season.

**FOR SUPERVISORS****December 5, 2018 | 1:00p ET / 12:00p CT****Using Emotional Intelligence in Decision-Making** [Register Here](#)

The topic of emotional intelligence (EQ) continues to grow, especially as it pertains to achieving workplace harmony. As a supervisor, you make many decisions each day, and being aware of the feelings of those you work with can make a difference in the way you make those decisions. This webinar discusses ways to harness your EQ, increase tolerance, and enhance self-awareness while becoming more aware of others.

**December 12, 2018 | 1:00p ET / 12:00p CT****A Holistic Approach to Feeling Your Best** [Register Here](#)

Gain awareness of how your mind, body, and spirit can unite to help you live the fullest life possible. At times, we all need to be reminded to step back and care for ourselves in order to be available for others. It is through finding that unity and balance that we are able to manage our priorities and goals. Learn how you can feel your best through mindfulness, setting boundaries, and self-care.