

# 2020

## Promotional Calendar

	THEME	ONLINE SEMINAR* <small>*For clients with Advantage Complete or Enhanced Web</small>	DESCRIPTION <small>Seminars can be found on your home page, or you can search for them by title.</small>
JAN	Financial Goals	<i><b>Your Financial Checkup</b></i> Available on Demand Starting Jan 21st	Walk through a "financial checkup", guiding you through the necessary steps to examine your finances.
FEB	Setting Realistic Expectations	<i><b>Managing Workplace Stressors</b></i> Available on Demand Starting Feb 18th	Get information and strategies to address and manage professional stressors effectively.
MAR	Professional Development	<i><b>Planning for Professional Growth</b></i> Available on Demand Starting Mar 17th	Discuss the four stages of professional careers and get tools to develop a self-assessment plan that can lead to your career growth.
APR	Practical Parenting	<i><b>Effective Communication With Children</b></i> Available on Demand Starting Apr 21st	Learn about different communication styles and how to communicate effectively, starting in early childhood.
MAY	Accepting Aging	<i><b>Accepting Aging: Yourself and Others</b></i> Available on Demand Starting May 19th	Examine "normal" age-related changes and identify ways for you to come to terms with your own aging.
JUN	Conflict Resolution	<i><b>Say What You Mean the Right Way</b></i> Available on Demand Starting Jun 16th	Identify barriers to clear communication and discuss how to apply tips for effective communication.
JUL	Adventuring and Exploring	<i><b>Explore New Horizons and Expand the Mind</b></i> Available on Demand Starting Jul 21st	Discover the possibility and promise of seeking and exploring new horizons.
AUG	Outsource Your To-Do List	<i><b>Outsourcing Your To-Do List</b></i> Available on Demand Starting Aug 18th	Learn to outsource the more thankless chores and discover a world of potential, leading towards a happier and more fulfilling way of life.
SEP	Work and Family Balance	<i><b>The Secret to Work-Life Balance</b></i> Available on Demand Starting Sep 15th	Uncover the secret to securing a healthy work and family balance.
OCT	Mental Strength	<i><b>The Mental Strength Workout</b></i> Available on Demand Starting Oct 20th	Learn skills and strategies to exercise the power of your mind and increase your mental fortitude.
NOV	Healthy Ways to Cope with Stress	<i><b>Building Resilience Muscles</b></i> Available on Demand Starting Nov 17th	Learn resilience by understanding yourself and identifying the mental obstacles that get in your way.
DEC	Being Grateful	<i><b>Know Your Strengths</b></i> Available on Demand Starting Dec 15th	Explore how confidence and a strengths-mindset can enable you to respond more creatively to challenges.

### WHATEVER YOU NEED, WE ARE HERE TO HELP.

Just call or log on to get started.

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