

Navigating the Next Normal

...Shifting our Perspective



NO-COST WEBINAR

Navigating the next normal

As the COVID pandemic crisis unfolds we wonder what the next normal will be. It's likely that the previous status quo will be different. Learning to view our circumstances and determining where we have the most control can empower us to think constructively about instilling healthy habits that can help us navigate the future with greater success.

Class Objectives

- Understand how change affects us
- Prevent burnout
- Build resilience
- Develop healthy habits

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Webinar Details

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8/31, 3-4 ET/ 12-1 PT
9/2, 12-1 ET/ 9-10 PT
9/7, 12-1 ET/ 9-10 PT
9/9, 3-4 ET/ 12-1 PT
9/14, 3-4 ET/ 12-1 PT
9/16, 12-1 ET/ 9-10 PT
9/21, 12-1 ET/ 9-10 PT
9/23, 3-4 ET/ 12-1 PT
9/28, 3-4 ET/ 12-1 PT
9/30, 12-1 ET/ 9-10 PT
10/5, 12-1 ET/ 9-10 PT
10/7, 3-4 ET/ 12-1 PT