## Remaining 2017 WorkLife Monthly Webinars

**Topics and/or schedule may be subject to change**

Archived Webinars are available at [this link](#).

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| Aug.  | Communication | Aug. 15 2 p.m. Central | Communication Skills - Beyond Words!  
*Presented by Mary-Ellen Rogers, Principal of Excellere*  
There is so much more to communications than the spoken word, in fact, over 60 percent of your message is communicated without words. Participants in this session will learn about non-verbal communication, communication channels through social media, and perceptions of communication through one's appearance. |
| Sept. | Positive Changes | Sept. 19 11 a.m. Central | Involvement and Engagement: Learn how small acts of kindness and a state of flow can change your life.  
*Presented by Dr. Delvina Miremadi-Baldino, Ph.D.*  
Do you ever ask yourself, "What can I DO today to change my life for the better?" Thankfully, research supports that there is something we can do about it, and it's actually quite easy. In this session, we will explore two actionable concepts that you will enjoy adding to your daily/weekly routine and that will help you live a happier, positive, purposeful life! |
| Oct.  | Parenthood | Oct. 17 2 p.m. Central | Surviving and Enjoying the Six Stages of Parenthood  
*Presented by Mary-Ellen Rogers, Principal of Excellere*  
In this session we will examine, not child, but parental development from the prenatal phase through the empty nest, or departure phase, combining the human development theories of Freud and Erikson with concrete, contemporary insights from the book, "The Six Stages of Parenting". |
| Nov.  | Financial Planning and Aging | Nov. 21 11 a.m. Central | Elder Law Basics  
*Presented by Jay Kearns, Esq.*  
Estate and long-term care planning are imperative to ensure a smooth transition into the later part of your life. We will discuss what Elder Law encompasses and how an Elder Law attorney can help you as you age. The discussion will focus on estate documents such as powers of attorney, healthcare directives, living wills, wills and trusts and we will discuss long-term care planning including the different programs and planning available to help with the costs of long-term care and protecting your assets for your loved ones. Join us and take an active role in planning your future. |
*Presented by Mary-Ellen Rogers, Principal of Excellere*  
Emotions are a healthy part of the human experience. Acknowledging emotions and understanding your personal stress style is the first step in beginning to control them. In this session, we will discuss a selection of customary stressors as well as techniques for exercising control over them. |