

## 2025 RESOURCES FOR LIVING LIVE SEMINARS

<b>SEMINAR DATES</b>	<b>Month</b>	<b>Course</b>	<b>Course Number</b>
<b>1/15/2025 Requested</b>	JAN	<b>Getting Unstuck – Breaking Old Habits</b> Struggling to change old habits? Breaking free is possible. This topic will explore how to create lasting change and build better habits for a more fulfilling life. Participants will: <ul style="list-style-type: none"> <li>• Understand why habits form and why they're hard to break</li> <li>• Learn how to identify triggers and create new, positive routines</li> <li>• Find practical ways to handle setbacks and stay on track</li> </ul>	API11005
<b>2/12/2025 Requested</b>	FEB	<b>No Excuses! Getting beyond the ifs and buts in life</b> Making excuses is a natural human response. While some excuses might appear harmless, the truth is that every excuse takes you away from reaching your full potential. How can you stop making excuses and live your best life? In this training, we will: <ul style="list-style-type: none"> <li>• Explore the most common types of excuses and why we use them</li> <li>• Understand the cycle of excuse making</li> <li>• Learn about the impact to our lives</li> <li>• Discover tips on how to break the excuse habit</li> </ul>	API11010
<b>Special off cycle 2/20 Cancelled</b>	FEB	<b>Diversity</b> Join us as we define culture and diversity. Answer our quiz to see how savvy you are in diversity issues. Do you know common ethnic and cultural stumbling blocks? Learn why companies are celebrating diversity! This training will discuss: <ul style="list-style-type: none"> <li>• Culture</li> <li>• Diversity defined</li> <li>• Ethnic and cultural stumbling blocks</li> <li>• Why diversity matters</li> </ul>	APD9009
<b>3/12/25 Requested</b>	MAR	<b>Creating Good Health Through Humor</b> They say that "Laughter is the best medicine". It certainly is a great way to boost your well-being, improve your health and enhance your mood. This training will explore: <ul style="list-style-type: none"> <li>• Definitions and humor statistics</li> <li>• The physical and mental benefits of laughter</li> <li>• Different theories and history of laughter</li> <li>• Laughter therapies</li> <li>• Tips to incorporate humor and laughter into daily life</li> </ul>	AHW8017

<b>3/18/25 Requested (off cycle)</b>	MAR	<b>Time Management</b> This training looks at the two factors that drive how we choose to use our time: Urgency and Importance. It helps participants identify their personal time management style and offers tips and tools to support their style.  You will learn: <ul style="list-style-type: none"> <li>• Why time management is important</li> <li>• Common barriers to effective time</li> </ul>	
<b>4/16/25 Requested</b>	APR	<b>Unplug to recharge</b> Most of us use electronics and social media. And while it's hard to deny the advantages of technology, many have an unhealthy attachment to it. Feeling like you're caught up in the social media madness and need to recharge? This training will talk about: <ul style="list-style-type: none"> <li>• Symptoms of technology burnout</li> <li>• Physical and emotional effects of connection overload</li> <li>• How to begin a digital "detox"</li> <li>• The positives of unplugging to recharge our bodies and minds</li> <li>• Steps to have a better balance</li> </ul>	ADL6021
<b>Special off cycle 4/29 Requested</b>	APR	<b>Building Financial Resilience</b> We may all face a financial setback at some point in life. How will you react? What is the plan? We will walk you through a process that includes assessing the challenge and the impact on your finances. Then we'll review how you can take action and get prepared for future difficulties.	MF7022
<b>5/14/25</b>	MAY	<b>Winning your way to success</b> Everyone loves to win but how does winning fit into your overall concept of success? This training will give you the opportunity to redefine success in a way that works for you on your own terms. We will review: <ul style="list-style-type: none"> <li>• The myths of winning and losing</li> <li>• How to change the message of success</li> <li>• Redefining success and rethinking failure</li> <li>• Tips to help plan and shape the path to success</li> </ul>	API11015

<b>6/11/25</b>	JUN	<b>Mindfulness</b> We always hear about mindfulness but what is it? Essentially, mindfulness is the practice of being present in the moment. It's hard to slow down and be present. Join us for this brief session where participants will: • Learn the basics of mindfulness • Understand how to use mindfulness in everyday life and work • Participate in a guided mindfulness exercise	A3015019
<b>7/16/25</b>	JUL	<b>The art of small talk</b> Find yourself at business meetings with little to say? How about social gatherings? Are you the one standing in the corner with the plant? This training will help you to develop the art of small talk so that you can increase your comfort level. Participants will: • Learn conversation builders • Recognize conversation stoppers • Increase comfort levels in social situations	API11007
<b>8/13/25</b>	AUG	<b>Impact of gratitude</b> What are you thankful for? According to current research, gratitude is strongly associated with happiness. You feel good about something and in turn your appreciation makes someone else feel good as well. So, how do we bring more gratitude into our life? In this training, you will learn about: • The definition, impacts and importance of gratitude • How gratitude affects the body and mind • How to express gratitude in your life and into the lives of others • Incorporating gratitude exercises in your life	API11009
<b>9/10/25</b>	SEP	<b>Wellness for busy people</b> You juggle a lot – work, home, family and more. And you're still expected to make time for you! Sometimes it's just easier to go through the drive thru or skip your workout. But how does this impact your overall stress and wellbeing? You can't create more hours in the day, but you can fit health into your busy schedule. This training will discuss: • Healthy choices and how they make you more productive • Tips for eating well on the go • Ways to squeeze in exercise • Tricks to relax • How to prioritize your health when everyone and everything else is a priority	AHW8027

<b>Special off cycle 9/25</b>	SEP	<b>Building self-esteem in children and teens</b> Building self-esteem is the single greatest gift parents can give their children. Self-esteem is the foundation that impacts your child's future decisions about friends, relationships, jobs, careers and day-to-day life. This topic will explore strategies and tips on how to make a meaningful impact for your child. Participants will: <ul style="list-style-type: none"> <li>• Define self-esteem</li> <li>• Learn how to identify triggers and create new, positive routines</li> <li>• Find practical ways to handle setbacks and stay on track</li> </ul>	ACC1018
<b>10/29/2025</b>	OCT	Organize your life Are you always losing things? Do you know where you've put important papers? Organization doesn't come naturally to everyone. But having your things in order can help save you time and energy. Attend this training to learn about: <ul style="list-style-type: none"> <li>• Things that get in the way of order</li> <li>• Steps to get organized</li> <li>• Tips to order your work and home life</li> </ul>	ADL6016
<b>11/12/2025 Special one</b>	Nov	<b>All work and no play–Avoiding burnout</b> <b>Being burned out means feeling empty, unmotivated and mentally exhausted. At this point, it's hard to see any hope of positive change. Join us to learn about burnout and how to bring more normalcy back into your life. In this training, we will:</b> <ul style="list-style-type: none"> <li>• Define burnout and learn how it differs from stress</li> <li>• Identify the causes of burnout and eventual outcomes</li> <li>• Explore tips for avoiding and recovering from burnout</li> </ul>	AHW8009
<b>11/19/25</b>	NOV	<b>It's holiday time already?</b>  The holidays are painted as cheerful and relaxing. So, why do we get so stressed? Let's look at what contributes to our stress and learn ways to reduce this level and truly enjoy those special occasions. Participants will: <ul style="list-style-type: none"> <li>• Learn to address the stress of the holidays</li> <li>• Find ways to make the holidays more enjoyable</li> <li>• Learn tips to manage holiday stress</li> </ul>	AHW8007
<b>12/17/25</b>	DEC	<b>Learning to embrace failure</b> Let's face it – failing often feels bad. It can bring up all kinds of insecurities. But avoiding failure may lead to a lack of growth. Failing can be good for you – personally and professionally. This training will discuss: <ul style="list-style-type: none"> <li>• Why people are afraid of failure</li> <li>• How failure can help you</li> <li>• Ways to embrace failure and gain more success</li> </ul>	API11019



