

GuidanceResources Personal Development Training

You're invited to join ComPsych® GuidanceResources® for a series of personal development webinars in 2022! Each month there will be a different topic hosted by ComPsych® GuidanceResources® behavioral health experts.

Click the Links Below to Register

Sessions from prior months were recorded and can be accessed by clicking on the link.

1.26.2022 - Gratitude: A Skill for Happier Living

<https://attendee.gotowebinar.com/register/7766766940034981131>

2.23.2022 - Feeling Stuck? Practical Ways To Get Yourself Going Again

<https://attendee.gotowebinar.com/register/4107549361842994191>

3.30.2022 - Preventing Employee Burnout

<https://attendee.gotowebinar.com/register/2791320693697483277>

4.27.2022 - Eating Healthy on a Budget

<https://attendee.gotowebinar.com/register/9144595747126730511>

5.25.2022 - Financial Planning for Life

<https://attendee.gotowebinar.com/register/6077402508329329424>

6.29.2022 - Making Connections at Work and in Life

<https://attendee.gotowebinar.com/register/6857476321422477328>

7.27.2022 - Languishing, Flourishing, and Your Mental Health

<https://attendee.gotowebinar.com/register/1552265647194000654>

8.31.2022 - Social Skills Refresh! How to Have Good Conversations in Social Situations

<https://attendee.gotowebinar.com/register/756353369102782476>

9.28.2022 - The Parent as a Role Model

<https://attendee.gotowebinar.com/register/5001345662597126927>

10.26.2022 - Tools to Handle Stress

<https://attendee.gotowebinar.com/register/4701846391772354831>

11.16.2022 - Making the Most of Family Occasions

<https://attendee.gotowebinar.com/register/3114283542659161613>

12.14.2022 - Relaxation "Micro-Moments" and Winding Down Techniques

<https://attendee.gotowebinar.com/register/5214874119246156300>

**All training sessions will take place at:
12 P.M. CT**

Here when you need us.

Call: 833.475.0997

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM

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