

GuidanceResources Personal Development Training

You're invited to join ComPsych® GuidanceResources® for a series of personal development webinars in 2024! 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.

1.17.2024 - Avoiding Burnout: Self-Assessment Methods and Strategies for Self-Care

<https://attendee.gotowebinar.com/register/2653071416587667294>

2.21.2024 - Bedtime Routines for Adults

<https://attendee.gotowebinar.com/register/8981384257531481180>

3.20.2024 - Breaking Free from Emotional Manipulation

<https://attendee.gotowebinar.com/register/2860580047074540120>

4.17.2024 - Change Your Mind-set about Aging

<https://attendee.gotowebinar.com/register/7178764630606640984>

5.15.2024 - Fair Play: Equitable Household Management Strategies to Strengthen Relationships

<https://attendee.gotowebinar.com/register/4791187225518951520>

6.19.2024 - Humility: An Underappreciated Trait of Confident People

<https://attendee.gotowebinar.com/register/2440813995380318041>

7.17.2024 - Mental Health Impacts of a Medical Diagnosis

<https://attendee.gotowebinar.com/register/1498091626213536088>

8.21.2024 - Mental Health Impacts of Natural Disasters

<https://attendee.gotowebinar.com/register/3844047018631740502>

9.18.2024 - Overcoming Stage Fright

<https://attendee.gotowebinar.com/register/2841712427541822811>

10.16.2024 - Parental Burnout: How to Overcome Challenges & Thrive Through Parenthood

<https://attendee.gotowebinar.com/register/8162565853698674780>

11.20.2024 - Psychological Avoidance and Its Impact on Your Mental Health

<https://attendee.gotowebinar.com/register/128091341911564632>

12.18.2024 - The Power of Productivity

<https://attendee.gotowebinar.com/register/2019305217756028511>

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

Here when you need us.

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HEALTH SERVICES