

GuidanceResources Personal Development Training

You're invited to join ComPsych® GuidanceResources® for a series of personal development webinars in 2021!
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.

2.24.2021 - Coping With Compassion Stress

<https://attendee.gotowebinar.com/register/9221099759222502928>

3.31.2021 - The Psychology Behind Saving Money & Other Good Financial Habits

<https://attendee.gotowebinar.com/register/3997857677000020750>

4.28.2021 - Staying Adaptive in an Ever Changing World

<https://attendee.gotowebinar.com/register/280958907258342222>

5.26.2021 - Mental Health Awareness

<https://attendee.gotowebinar.com/register/1883219739856556046>

6.30.2021 - Communication Skills for Families

<https://attendee.gotowebinar.com/register/4673309660175346958>

7.28.2021 - Healthy Lifestyles: Changing the Way You Think About Diet and Exercise

<https://attendee.gotowebinar.com/register/601333217892960782>

8.25.2021 - No Such Thing as a Perfect Parent

<https://attendee.gotowebinar.com/register/5195033425113179918>

9.29.2021 - Mindfulness: Being Present in Your Work and Life

<https://attendee.gotowebinar.com/register/7785569681572021774>

10.27.2021 - Managing Holiday Stress

<https://attendee.gotowebinar.com/register/6702434179980107790>

11.17.2021 - Connecting Mind & Body for Healthy Living

<https://attendee.gotowebinar.com/register/5967352382695570958>

12.15.2021 - After the Holidays: Managing that Debt

<https://attendee.gotowebinar.com/register/5813200852481365518>

**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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