Monthly webinars

What's your personal brand? – August 4 @ 3 p.m. ET

When it comes to growing your career, your personal brand can help you stand out from the rest. This webinar will review:

• What makes up a personal brand
• How to identify your values and skills
• How you can make your brand work for you

Bullying in the workplace – August 9 @ 3 p.m. ET

Are you being bullied in the workplace? Or are you the one bullying others? Join this webinar to talk about:

• What bullying is
• Statistics
• Types of bullying
• Signs you are being bullied
• What can a target of bullying do?
• What can coworkers do?

Communicating to get what you want – August 18 @ 3 p.m. ET

Being able to communicate well is an important life skill. We all want to be seen, heard and known. In this webinar we'll explore common communication obstacles and discuss ways you can improve your communication skills.

Making your doctor's visit count – August 25 @ 3 p.m. ET

Do you get flustered when you're at the doctor’s office? Have a hard time taking in new information during your appointment? Feel rushed or forget to ask all your questions? If so...join the crowd! And join this webinar to learn:

• How to prepare for your visit and get your questions answered
• The ins and outs of “doctor’s office diplomacy”
• Tips to be sure your needs are met