

MLE: Webinar Series

January – June 2022 @ 1:30-2:30 EST

JANUARY, 12 – Fortifying Your Resilience – Our ability to “bounce back” is critical to pandemic. Join us to discuss effective techniques for rebounding.

FEBRUARY, 9 – The Dynamics of Healthy Relationships – Healthy relationships don't just happen, they require communication, consideration, and so much more...Join us to discover positive dynamics required for healthy relationships and ultimate happiness.

MARCH, 9 – Communication Skills in a Virtual World – ZOOM meetings, email communication, texts, --- it's easy for details to get lost in the translation without intentional communication – join us to discuss tools and strategies for effective virtual communication.

APRIL, 13 – Managing Change in Our Ever-Evolving World – It's easy, in the face of change, to get stuck; learning the skills of adaptability can be life-changing. Join us for this session where we will discuss change management and ultimate adaptability.

MAY, 11 – Assessing the Mental Health of Adolescents or Young Adults – Life can be challenging for adolescents and young adults, so many choices, challenges, and stresses as one is attempting to discern identity and life's path. Join us for a discussion of key indicators of mental health challenges, and suggestions for improving mental health and reducing stress and isolation.

JUNE, 8 – Blind Spots that Can Diminish Your Brand – Often we don't even realize small things that we do (or fail to do) can show up negatively. Join us to discover blind spots and ways to remedy them for a flawless brand.



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MLE Live: Webinar Series 2022

July – December @ 1:30-2:30 EST

July 13, – The Power of Perseverance and Grit – We have all experienced unprecedented times because of the pandemic, as well as other national challenges – we may have also experienced trials in our personal lives; at times the notion of persevering through it all can seem insurmountable. Join us to discuss a recipe for perseverance and grit.

August, 10 – Techniques for Managing Your Stress- Stress is a national epidemic and as the summer fades, and another school year begins, stress tends to peak. In this working session we will discuss and practice mindfulness, breathing techniques and other strategies to take control of your stress.

September, 14 - Establishing a Great Relationship with Your Child's Teacher and School – A key to the year ahead is the relationship that you and your child establish with their school and teacher. Join us to discuss strategies for getting the school year off to a great start and forming strong alliances.

October, 12 – Recognizing the Signs of Depression in a Team Member – Your team's culture is pivotal to success, but when a member is suffering depression, it can bring the entire morale of the team down. During National Depression Education and Awareness Month we will identify key indicators of depression and ways to help.

November, 9 – The Stress and Addiction of News Consumption – We have been bombarded, over many months, with on-the-spot news accounts of difficult events – this has had a more impactful influence on many of us than we may realize. We will discuss prudent ways to digest news, and ways to subdue the long-term effects.

December, 14 – Family Dynamics During the Holidays – The holiday period evokes images of warmth and happiness as families connect, but in fact, this is often a most difficult time as family members attempt to navigate old hurts and difficult histories. Join us to discover ways to establish important boundaries and enjoy the holiday period with family and friends.



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