

WEBINAR

2025 THRIVE WEBINAR SCHEDULE

Date & Time	Topic	Description	Registration Link
Wednesday, January 15 12:00pm – 12:30pm ET	Leadership Spotlight: Driving Success with Goal Setting for Leaders	Join our THRIVE webinar to learn about the importance of goal setting for leaders. We will explore goal setting techniques and identify strategies to establish clear and actionable goals to drive team and organizational success.	<u>Register Today - THRIVE Jan 2025</u>
Tuesday, February 11 1:00pm – 1:30 pm ET	Setting Goals that Stick	Join our THRIVE webinar to enhance your goal setting abilities and develop habits that will make your goals stick! We will explore goal setting techniques, the 3 “Rs” of habit formation, and identify strategies to maintain motivation.	<u>Register Today - THRIVE Feb 2025</u>
Wednesday, March 12 12:00 pm -12:30 pm ET	Boosting Productivity with Time Management	Join our THRIVE webinar to enhance your time management skills to boost productivity at work and in life. We will review time management techniques to help you manage your time effectively and efficiently, leaving you feeling more accomplished so you can run your day, instead of the day running you!	<u>Register Today - THRIVE March 2025</u>
Thursday, April 10 1:00 pm – 1:30pm ET	Leadership Spotlight: Fostering Psychological Safety at Work	Psychological safety plays a pivotal role in fostering a sense of belonging, building trust, enhancing collaboration, and empowering others to share ideas openly. Join our THRIVE webinar to learn strategies to assist you in creating a psychologically safe environment where employees feel valued and heard.	<u>Register Today - THRIVE April 2025</u>
Thursday, May 15 1:00 pm – 1:30pm ET	Understanding & Respecting Differences	Understanding and respecting differences can enhance inclusion, collaboration, and foster creativity in the workplace. By embracing diverse perspectives, we can create an environment where people feel valued and understood. Join our THRIVE webinar to learn practical strategies to manage bias, promote inclusion, and celebrate diversity!	<u>Register Today - THRIVE May 2025</u>
Wednesday, June 11 12:00 pm – 12: 30 pm ET	Working Collaboratively as a Team	Teamwork makes the dream work! Join us for our THRIVE webinar to discuss the importance of collaborating effectively across teams. We will discuss strategies to enhance team cohesion and review tips for leveraging team members’ strengths.	<u>Register Today - THRIVE June 2025</u>

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Date & Time	Topic	Description	Registration Link
Wednesday, July 9 12:00pm – 12:30pm ET	Leadership Spotlight: Emotionally Intelligent Communication for Leaders	Understanding and managing our own emotions, as well as the emotions of others, is key to building strong interpersonal relationships. By enhancing emotional intelligence, leaders can better manage their teams, promote a culture of open, honest communication, and drive organizational success. Join our THRIVE webinar to learn about the importance of emotional intelligence in leadership!	<u>Register Today - THRIVE July 2025</u>
Wednesday, August 13 1:00 pm – 1:30pm ET	Communicating Well with Difficult People	We interact with many different people throughout the day. Some people are easier to get along with than others. How do you successfully communicate with a “know-it-all” or someone who consistently complains? Let us help you! Join our THRIVE webinar to discover strategies on how to successfully communicate with all types of people, even those who you may not see eye to eye with.	<u>Register Today - THRIVE Aug 2025</u>
Tuesday, September 9 12:00 pm - 12:30 pm ET	Exploring Verbal De-Escalation Strategies	Are you interested in increasing your ability to effectively de-escalate tense or high-stress situations? If so, this webinar is for you! Join our THRIVE webinar to learn how to navigate difficult situations, understand emotional “hot buttons,” and increase your ability to de-escalate situations using actionable strategies that foster cooperation and understanding.	<u>Register Today - THRIVE Sept 2025</u>
Thursday, October 16 12:00 pm - 12:30 pm ET	Leadership Spotlight: Leading Through Change	Change can feel uncomfortable. As leaders, how you respond to and manage change is crucial! Join our THRIVE webinar to learn strategies to effectively manage periods of change and transition, enhance communication skills and manage resistance, and learn practical tools for support.	<u>Register Today - THRIVE Oct 2025</u>
Thursday, November 12 12:00 pm - 12:30 pm ET	Understanding Change: From Resistance to Resilience	Change can be stressful. Join our THRIVE webinar to increase your awareness of the emotions connected to change and learn practical skills to respond to and manage change effectively. Let’s shift our focus from resistance to resilience!	<u>Register Today - THRIVE Nov 2025</u>
Tuesday, December 16 1:00 pm - 1:30 pm ET	Embracing Self-Care	Prioritizing your personal wellbeing is essential. Self-care can help you manage stress and build resilience. Join our THRIVE webinar to explore strategies to enhance your self-care routines and achieve more balance in your daily life.	THRIVE Dec 2025 - Registration Link Forthcoming