



# Live Webinar Schedule

<b>Date/Time</b>	<b>Topic</b>	<b>Registration Link</b>
10/26/2020; 10:00am	Managing the Stress of Time and Competing Priorities	<a href="https://attendee.gotowebinar.com/register/4495339406535958800">https://attendee.gotowebinar.com/register/4495339406535958800</a>
11/4/2020; 10:00am	Managing the Stress of Change	<a href="https://attendee.gotowebinar.com/register/4344681024763360272">https://attendee.gotowebinar.com/register/4344681024763360272</a>
11/9/2020; 10:00am	How to Become a Resilient Person	<a href="https://attendee.gotowebinar.com/register/5151967750644014864">https://attendee.gotowebinar.com/register/5151967750644014864</a>
11/19/2020; 10:00am	Managing the Stress of Holidays	<a href="https://attendee.gotowebinar.com/register/3606511798828176144">https://attendee.gotowebinar.com/register/3606511798828176144</a>
11/30/2020; 10:00am	How to Live a Mentally Healthy Life in the 21 <sup>st</sup> Century	<a href="https://attendee.gotowebinar.com/register/3629662016151067408">https://attendee.gotowebinar.com/register/3629662016151067408</a>
12/3/2020; 10:00am	The Four Keys of Handling Pressure	<a href="https://attendee.gotowebinar.com/register/8254259599623519248">https://attendee.gotowebinar.com/register/8254259599623519248</a>

Additional dates/topics will be announced.