

RESOLVE TO BE A  
**better you**

WELLNESS WEBINAR SERIES FEB.-MARCH 2017

Resolve to take small steps  
to a *better you* in 2017.

THURSDAYS @ 1 P.M. EASTERN TIME

Tune in for an exciting series of webinars delivered by knowledgeable and thought-provoking Walden faculty members. Explore small areas of self-improvement that can make a **big impact** on your well-being and personal growth.

Learn more and register » [bit.ly/waldenbetteryou](http://bit.ly/waldenbetteryou)



ABOUT THE WEBINARS

Interested in taking the next step? Walden offers programs and specializations in many areas of interest to satisfy your educational goals. Earning an advanced degree online has never been more achievable.

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## WELLNESS WEBINAR SERIES

# 7 SMALL STEPS TO A BETTER *you*

Register today! [bit.ly/waldenbetteryou](http://bit.ly/waldenbetteryou)



FEBRUARY 16, 2017 • 1 P.M. EST

### Digital Detox

with Dr. Frederica Hendricks-Noble

If you've ever entered a room and witnessed every single person looking at his or her phone, you might feel ready for a digital detox. Setting boundaries around electronic communication is not just a good idea, it is also essential for productivity. Setting limits on time spent on social media can help improve both mood and motivation. Looking up from our cell phones is crucial to connecting with others, and this session will help you put healthy parameters around a very modern workplace problem.



FEBRUARY 23, 2017 • 1 P.M. EST

### Avoiding Burnout

with Dr. Shana Garrett

The condition of burnout has emerged as a serious trend within today's workplace. Being stressed out has progressed from just a general dissatisfaction with your day-to-day activities to a modification of your habits and attitudes that can impact your professional career. By examining the biological, psychological, and motivational components that contribute to being burned out, this presentation will identify how these elements work together to create this situation and will provide several strategies to recover from this situation.

**Earn 1 Contact Hour for attending this webinar and completing the evaluation.**



MARCH 2, 2017 • 1 P.M. EST

### Human Performance Strategies

with Dr. Ed Naggiar

Understanding human performance helps unlock human potential. This session will help managers focus on activities that motivate their employees to build resilience, reduce stress, and increase professional satisfaction.



MARCH 9, 2017 • 1 P.M. EST

### Turn Your Dreams Into Goals

with Dr. Donna Albro

Many of us have aspirations, yet it can be difficult to make the dream a reality. This session focuses on how to take your hope and desire for change and create an actionable plan with clear goals and benchmarks. Composing your life, writing the story, and controlling the outcome requires reframing these dreams into goals.



MARCH 16, 2017 • 1 P.M. EST

### The Hole in the Glass Ceiling: Is It Getting Bigger or Smaller?

with Dr. Lori LaCivita

Is the invisible ceiling in organizations, the one that makes it very difficult or impossible for women to be promoted or hired into top-level positions, still in existence? This glass ceiling is an informal barrier that is used to keep women from getting promotions, pay raises, and further opportunities. In this webinar, we will learn how to recognize and work through these barriers and serve as a catalyst for change in today's workforce.



MARCH 23, 2017 • 1 P.M. EST

### Self-Care

with Dr. Amy Sickel and Dr. Lee Stadlander, Ph.D.

Do employees who work from home need to practice self-care? Results from a survey of online faculty members suggest they do. This webinar will offer suggestions on how to better structure your home and work environment.



MARCH 30, 2017 • 1 P.M. EST

### Strategies for Conflict Management

with Dr. Barbara Bailey

Collaborative workplaces are productive and healthy. Join an experienced contract mediator for a critical conversation about the essential conflict management techniques and skills to improve communication. Conflict can be constructive if it is managed properly! In this session, find out how you can turn workplace turmoil into the foundation for organizational health.



Take the *ultimate step* toward self-improvement: Earn your advanced degree online.

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