

## Watch your words: How you say it counts – March 2 @ 3 p.m. ET



“It’s not what you say, but how you say it.” We’ve all heard that phrase, but what does it really mean? Learn more and get tips on ways to improve your communication style as we talk about the impact of:

- Posture, gestures and facial expressions
- Tone of voice
- Choice of words – and more!

## Understanding postpartum depression – March 11 @ 3 p.m. ET



Many women experience postpartum depression after giving birth. Join this webinar to learn more about it. We'll review:

- Signs and symptoms of postpartum depression
- What causes postpartum depression
- Treatment for postpartum depression

## What's your happiness score? – March 18 @ 3 p.m. ET



How happy are you? If you're like most people, you might be chasing after the wrong things to be happy. This webinar will provide you with:

- The definition of happiness
- A snapshot of your own happiness
- Tips to feel happier

## Avoid these 10 money mistakes – March 30 @ 3 p.m. ET



Are you having a hard time meeting your financial goals? If so, you're not alone. But the financial decisions you make now can cost you in the future. We'll review:

- Common money mistakes
- Tips to make better financial decisions
- Important financial priorities