



# 2026 SEMINAR SCHEDULE

## MONTHLY SEMINARS

### *Soft Skills That Reduce Workplace Stress*

- 22 JAN** Nutrition for a Productive Brain: Eating to Improve Mood, Focus & Stress Tolerance
- 19 FEB** Emotional Intelligence in Action: Reading the Room & Responding, Not Reacting
- 19 MAR** Time Mastery for Busy Professionals: Prioritizing, Planning & Managing Mental Load
- 23 APR** The Art of Difficult Conversations: Staying Calm, Clear & Respectful Under Stress
- 21 MAY** Boundaries Without Guilt: Saying “No” and Advocating for Yourself Professionally
- 18 JUN** Accountability & Follow-Through: Soft Skills That Build Trust and Reliability
- 23 JUL** Stress-Resistant Communication: How to Speak Calm When Others Aren’t
- 20 AUG** Feedback Without Fear: Giving & Receiving Criticism Like a Pro
- 17 SEP** Collaboration & Team Skills: Working With Different Personalities and Workstyles
- 22 OCT** Financial Wellness at Work: Money Behaviors That Lower Stress and Improve Focus
- 25 NOV** Emotional Survival Toolkit for the Holidays: Triggers, Family Dynamics & Time Boundaries
- 17 DEC** From Holiday Burnout to New Year Reset: Motivation, Identity & Consistency

## QUARTERLY LEADERSHIP DEVELOPMENT SERIES

### *Soft Skills for Strong Leaders*

- 27 MAR** Coaching Instead of Managing: Turning Employees Into High- Performers
- 26 JUN** Psychological Safety: Reducing Fear So Employees Think, Speak & Innovate
- 25 SEP** Holding People Accountable With Empathy, Clarity & Consistency
- 20 NOV** Leading Through Change: Keeping Teams Calm, Motivated & Connected in Stressful Seasons