



Date & Time	Topic & Registration Link	Description	QR Code
Wed., January 21 12:30pm – 1:00pm ET	<b><u>The Power of You: Self-Awareness at Work</u></b>	Join us to explore how self-awareness can shape professional behavior and unlock your potential at work. We will explore how self-awareness, professionalism, and integrity can shape workplace success and review practical tools for personal development and self-reflection to help you show up as your best self!	
Tues., February 10 1:30pm – 2:00 pm ET	<b><u>Values at Work: Aligning What Matters with How You Lead</u></b>	Our values shape how we lead, communicate, and make decisions – especially when challenges arise. We will discuss how values can influence behavior, priorities, reactions, and relationships at work.	
Wed., March 18 12:30 pm -1:00 pm ET	<b><u>Managing Emotional Hot Buttons</u></b>	Learn to recognize emotional triggers or “hot buttons” and develop strategies for responding with intention rather than reaction. We will explore emotional regulation skills that support professionalism, resilience, and effective workplace relationships.	
Thurs., April 14 1:30 pm – 2:00pm ET	<b><u>Mindful Momentum: Managing Time with Intention</u></b>	In today's fast-paced work environment, time often feels like a scarce resource. This webinar explores how mindfulness can transform the way we approach time, shifting from reactive scheduling to intentional planning. We will discuss strategies to improve time management and build sustainable momentum throughout the day.	
Thurs., May 13 12:30 pm – 1:00pm ET	<b><u>The Habit Loop: Rewiring Your Routine for Success</u></b>	Habits shape how we work, think, and respond to daily challenges. In this webinar, we'll explore the science behind habit formation using the Habit Loop framework: cue, routine, and reward. We will review practical tools to help you take control of your habits to boost productivity.	
Wed., June 16 1:30 pm – 2:00 pm ET	<b><u>Choices That Count: Elevating Your Decision Making at Work</u></b>	Every day, we make countless decisions that shape our work, our teams, and our outcomes. This webinar explores how to strengthen your decision-making skills by bringing clarity, confidence, and intention to the process.	



# 2026 THRIVE Educational Webinar Schedule

Date & Time	Topic & Registration Link	Description	QR Code
<b>Wed., July 15</b> 12:30pm – 1:00pm ET	<b><u>A Journey to Stronger Workplace Communication</u></b>	Assertive communication is the key to expressing yourself clearly while maintaining respect for others. In this webinar, participants will learn how to speak up with confidence and navigate workplace conversations successfully.	
<b>Tues., August 11</b> 1:30pm – 2:00 pm ET	<b><u>The Quiet Superpower: Active Listening</u></b>	Listening is one of the most underrated skills in the workplace. In this webinar, participants will explore how active listening can improve collaboration, reduce misunderstandings, and strengthen relationships. Learn practical strategies to stay present and listen with empathy.	
<b>Wed., September 16</b> 12:30 pm -1:00 pm ET	<b><u>Clear the Air: Resolving Conflict with Confidence</u></b>	Conflict is inevitable but how we handle it makes all the difference. This webinar offers practical tools to approach workplace conflict with clarity, composure, and confidence and learn how to navigate tough conversations at work.	
<b>Tues., October 13</b> 1:30 pm – 2:00pm ET	<b><u>Refill Your Cup: Strategies for Work/Life Balance</u></b>	When your cup is empty, it's hard to give your best at work or at home. This webinar explores practical strategies for restoring energy, setting boundaries, and creating space for what matters most.	
<b>Wed., November 18</b> 12:30 pm – 1:00pm ET	<b><u>Cognitive Overload: Managing Mental Clutter</u></b>	Feeling mentally scattered or overwhelmed by constant demands? This webinar explores the causes and impact of cognitive overload and how to clear the clutter. Learn strategies to regain focus, reduce stress, and create more mental space for what matters most.	
<b>Tues., December 15</b> 1:30 pm – 2:00 pm ET	<b><u>Unstuck and Unstoppable: Reclaiming Your Power</u></b>	Feeling stuck can show up in many ways: mental blocks, emotional fatigue, or simply the sense that you're not moving forward. Join this webinar to break free from self-limiting beliefs, and explore practical tools to overcome self-doubt, build confidence, and reclaim your power.	