

Seminar Title	Description	Date & Time	Location	Link to Stream Virtually
Conquering Fear and Anxiety	Fears and anxieties are made up of thoughts that are based upon either personal experiences or beliefs. Pretending that these thoughts/fears do not exist or are not that bad can actually make them worse. In this class we will learn how to talk through our thoughts to realize that our fears and anxieties are manageable and controllable.	Wednesday, December 16th, 2015- 12pm	SC225	http://media.quinnipiac.edu/Mediasite/Play/e230fde9eb64467c98330466c5c1ee331d
Emotional Eating	Many of us find that we eat when we are feeling angry, sad, lonely or tired. In this workshop, we'll learn about some of the triggers for emotional eating and the relationship between mood and cravings. We'll also explore some questions that will help to heighten awareness of our own eating behavior. For those who would like to move away from emotional eating, there will be identified next steps, best practices and supportive resources.	Wednesday, January 27th, 2016- 12pm	TBD	
Un-Clutter to De-Stress- Simple Steps to Simplify your Life	We often don't realize how affected we are by clutter—both emotional and physical clutter affect everything from our productivity and success to emotional well-being. In this session we'll learn simple techniques to tackle even the most daunting 'un-cluttering' tasks.	Wednesday, February 17th, 2016- 12pm	TBD	
Ten Basic Principles for Today's Parents & Grandparents	How did you learn to be a parent? From your own parents, your friends, popular culture, all of the above? This session draws on various schools of thought and experience to offer basic principles for raising a self-assured, competent and independent child. You will learn the basic needs of children, new strategies to use in challenging situations and guidelines to assist you in your parenting role, such as setting clear expectations, disciplining consistently, staying connected and treating children as individuals. You should come away with a better understanding of your parenting style and with a sense of what you cherish about being a parent.	Wednesday, March 16th, 2016- 12pm	TBD	
Everything You Need to Know About Your Credit	Your credit score is very important. In this seminar, we will motivate and reassure you if you don't have a good score with ways to make it better. We will explain how the FICO system works, what you should and should not do and how you can use this information to improve your credit score.	Wednesday, April 20th, 2016- 12pm	TBD	
Emotional Intelligence	Many of us know that getting along with others is the key to success. Our ability to "play nicely in the sandbox" is fundamental to our career as well as our health. In this workshop we will discuss how we can become more attuned to the world and people around us.	Wednesday, June 15th, 2016- 12pm	TBD	
Supporting Loved Ones Diagnosed with Cancer	The impact of being diagnosed with cancer cannot be underestimated. When a loved one is faced with such a diagnosis, everything changes: for the person confronting the illness, as well as their caregivers. Join us for a candid and informative dialogue around this important and sensitive topic. We will explore common reactions upon receiving the diagnosis, how to begin communicating when we don't really know what to say, when to support our loved one and when to give them space, as well as the vital role of self-care during this challenging time. We'll also examine helpful guide-posts to keep in mind during the treatment stages and how it may impact other areas of your life.	Wednesday, July 20th, 2016- 12pm	TBD	
Financial Fitness	Is planning for retirement essential? What are the benefits of being a homeowner? How much money should I put away for my child's education? A variation of the "Family and Personal Budgeting" seminar, this workshop addresses these and other questions you have about where, when, and how to invest or spend your money. This seminar will also help you better understand your relationship to money and how much you need to enjoy life now and well into the future.	Wednesday, August 17th, 2016- 12pm	TBD	
Creating a Positive Professional Work Environment	This seminar defines what it means to be a professional and identifies standards and expectations of acceptable, professional workplace behavior. You will gain a deeper understanding of your roles and responsibilities within the context of creating a positive work climate. The detrimental effects of behaviors such as teasing, bullying, rumors and gossip will also be explored. You'll identify when these behaviors cross the line and become harassment as well as learn to take appropriate action if you observe them at the workplace.	Wednesday, September 21st, 2016- 12pm	TBD	
Exercise at your Desk	We've all heard about the dangers of being sedentary. However, many of us are challenged by our commutes, job requirements and travel schedules. How can we build more movement into our daily routines while still doing everything we need to do? In this interactive session, we'll examine potential roadblocks and pitfalls we may all experience when it comes to exercising. We'll also review exercises we can do anytime, even when we can't get away from our desks, and develop a realistic outlook and action plan.	Wednesday, October 19th, 2016- 12pm	TBD	
Communicating Effectively	When we communicate with coworkers, family or clients, we make basic assumptions about the messages we are sending, which can result in unintentional miscommunications. We forget that our feelings play a part in how messages are delivered, received and processed. This workshop will help you learn to effectively convey your messages to others in a clear and assertive manner. You will also learn to recognize potential barriers in your current communication patterns. (A version focusing on Communicating Effectively in a Wireless World is also available.)	Wednesday, November 16th, 2016- 12pm	TBD	