



2010

Promotional Calendar



QUARTER THEME	MONTH	MONTHLY TOPIC	WEBINARS	WEB FOCUS
Change & Possibilities	JANUARY	Fresh Starts	Make it Great: Planning and Organizing for the New Year - Jan 12, 13	New Year's Resolutions Adapting to Change
	FEBRUARY	Thinking Ahead	Wellness and the Mind Body Connection - Feb 9, 10	Health and Stress The Importance of Humor
	MARCH	Turning Points	Transitions: Paths to Personal Growth - Mar 16, 17	Tips for Getting Your Children Organized The Case for Caregiving
Striving & Thriving	APRIL	Assessing & Accepting	Building Self-Esteem in Children - April 13, 14	Introverts and Extroverts Encouraging Children who are Shy
	MAY	Chart Your Course	Your Body Language Speaks Volumes - May 11, 12	Social Interaction for the Millennials The Drawbacks to Multitasking
	JUNE	Raising the Bar	Finding Comfort Beyond the Comfort Zone - June 8, 9	The Risks of Not Risking Competition: Is it Productive?
Life & Love	JULY	Working From the Heart	Making Time for Me: Finding Work-Life Balance - July 13, 14	Finding Your Passion Managing Up
	AUGUST	The Many Meanings of Family	Living Options for Older Adults - Aug 10, 11	Focus on Fostering Sibling Rivalry
	SEPTEMBER	Hellos & Goodbyes	The Many Faces of Loss: Healing Through Grief - Sept 14, 15	The Importance of Rituals Grieving for a Pet
Success & Satisfaction	OCTOBER	Getting Connected	EEK! You're Screaming! The P's and Q's of E-mail Etiquette - Oct 5, 6	Online Security Respecting the SEND Button
	NOVEMBER	Energize & Engage	The Perils of Perfectionism and Procrastination - Nov 9, 10	Don't Worry, Be Happy! The Focus Factor
	DECEMBER	Looking Back to Look Ahead	One Size Fits All: Giving the Gift of Forgiveness - Dec 7, 8	Creative Holiday Gifts Holiday Celebrations at the Office