Are You Financially on Track for Retirement?
This on-demand training helps you determine how much you will need for retirement, your income sources, if there are any gaps, and how you can fill them.

Balancing Work And Life
Feeling overwhelmed? Looking for ways to put more “me time” into your life? This training describes practical tools to help you feel like you’ve achieved balance in your life. You can access more webinars and on demand trainings on various topics here on GuidanceResources Online.

Communicating Without Conflict With Your Significant Other
The way you communicate in relationships can foster trust and act as a method by which you can share problems, frustrations, fears, anxieties, hopes and successes. This module will give you practical tools to use during conflicts with the people you love. You can access more webinars and On-Demand Training on various topics here on GuidanceResources Online.

Connecting Mind & Body for Healthy Living
Physical things you do with your body can affect the way you feel mentally. Thoughts going through your mind can affect the way you feel physically. In this module, you will learn ways to harness this mind-body connection to improve many aspects of your life. You can access more webinars and trainings on various topics here on GuidanceResources Online.
Coping With a Crisis or Traumatic Event
Coping with a crisis is never easy, and the difficulties you face in doing so are likely quite normal. This training will help you understand what to expect as you react to a crisis, and will suggest tools to help you through it. You can access more webinars and trainings on various topics here on GuidanceResources Online.

Emotional Eating: The Connection Between Mood and Food
Emotional eating is eating when you are not physically hungry. That sounds simple enough, but in reality, it is a challenging problem to overcome. Access the training to learn more about what causes emotional eating, and pick up tools to help you get control of it. You can access more webinars and trainings on various topics here on GuidanceResources Online.

Exercise At Your Desk
Many people spend a large part of their day sitting in the same place. This can be a barrier to getting exercise, but it doesn’t have to be. You can exercise at your desk, and this training will suggest ideas on how to do it.

From Smoker to Smoke-Free
This training is designed to help smokers quit cigarettes and stay quit for good. The training provides an overview of the five basic steps of quitting. You can access more webinars and trainings on various topics here on GuidanceResources Online.
**Healthy Eating On A Budget**
This training answers questions for budget-conscious people who want to eat healthy food: Should you pay extra for organics? What should your shopping strategy be at the grocery store? How can you reduce food waste? And more.... You can access more webinars and trainings on various topics here on GuidanceResources Online.

**Helping A Loved One Through Difficult Times**
This training explores the needs and feelings of loved ones who are going through a difficult time. The grieving process is examined to help us better empathize as well as understand their experience. We’ll also identify some “do's” and don'ts” to overcome feelings of helplessness. You can access more webinars and trainings on various topics here on GuidanceResources Online.

**Keeping Your Senior Loved One Independent and Safe**
This training will help you address common safety issues in the home while supporting your loved one’s autonomy and independence. You can access more webinars and trainings on various topics here on GuidanceResources Online.

**Laughter, Humor & Play To Reduce Stress & Solve Problems**
You don’t have to be a professional comedian to use humor to lower stress levels. This training offers practical ways to incorporate humor and play into everyday situations. You can access more webinars and trainings on various topics here on GuidanceResources Online.
GuidanceResources Online: On Demand Training Catalog

**Learning To Relax**
The training will allow you to learn and experience several simple relaxation tools such as progressive muscle relaxation, abdominal relaxation, breathing and visualization. You can access more webinars and trainings on various topics here on GuidanceResources Online.

**Living with Change**
Whether it occurs at work or at home, change can be stressful. This training discusses the best ways for you to move through the 3 stages of change. You can access more webinars and trainings on various topics here on GuidanceResources Online.

**Managing Emotions in the Workplace**
Emotions play important functions in life, but if they’re not managed well, they can lead to impulsive behavior that you’ll regret later. This training offers tips to help you stay in control during emotionally-charged situations. You can access more webinars and trainings on various topics here on GuidanceResources Online.

**Managing Holiday Stress**
The holidays can be a time of great joy, but can also bring many stresses. This training helps you prepare for financial, emotional and other stresses so that they don’t dampen your holiday spirit. You can access more webinars and trainings on various topics here on GuidanceResources Online.
Managing Personal Finances
Understanding how to create a budget and manage your debt is important for your financial stability, and this training will help you learn the basics of these critical concepts. You can access more webinars and trainings on various topics here on GuidanceResources Online.

Managing Staff through Change & Stress
Organizational change and stress can be hard for everyone, especially managers, who have to cope with their own stress while also supporting others. This training offers tips to help you do that. You can access more webinars and trainings on various topics here on GuidanceResources Online.

Natural Consequences, Discipline That Works
Disciplining children may not be the most fun aspect of parenting, but it is certainly a very important one. This training describes a method of discipline that’s shown to be most effective, and helps you avoid discipline pitfalls that can be counterproductive. You can access more webinars and trainings on various topics here on GuidanceResources Online.

No Such Thing As A Perfect Parent
This training explores the problems that occur when parents try to be "Perfect Parents." It also reviews the skills of the "Good Enough Parent" including the Positive Discipline technique. You can access more webinars and trainings on various topics here on GuidanceResources Online.
Parenting a Child with Special Needs
When you first learn that your child has a physical or mental disability or serious illness, it can be difficult to cope. This training will help you recognize that you are not alone, and provide guidance on ways to care for your child. You can access more webinars and trainings on various topics here on GuidanceResources Online.

Sailing On: A Guide for Transitioning Into Retirement
This on-demand training discusses how to successfully make the transition into retirement and essential non-financial planning questions to consider.

Stress - A Way of Life or Fact of Life?
Stress affects everybody, but the effects don’t have to be damaging. A certain amount of stress is actually a good thing. This training will describe coping techniques that will help you harness the positive effects of stress without letting the health and other negative consequences interfere with your happiness. You can access more webinars and trainings on various topics here on GuidanceResources Online.

Talking about Tough Subjects with Elderly Parents
As your parents age, you may become concerned about their safety and ability to care for themselves. These are always difficult subjects to talk about, and this training will give you some ideas on how to initiate such tough conversations. You can access more webinars and trainings on various topics here on GuidanceResources Online.
The Confident You
Whether it’s an important business presentation or a first date, most people can use a confidence boost before heading into important events in their lives. This training offers tips to help you boost your confidence. You can access more webinars and trainings on various topics here on GuidanceResources Online.

The Impact of Attitude on Work and Life
A positive attitude can help you feel better mentally and physically. Believe it or not, there are actions you can take to improve your attitude even when times are tough. Learn about them here. You can access more webinars and trainings on various topics here on GuidanceResources Online.

The Impact of Shift Work on Mind and Body
This training will examine the research being done on mind and body regarding shift work and offer some suggestions and tips for being able to better cope with the effects of shift work. You can access more webinars and trainings on various topics here on GuidanceResources Online.

The Psychology Behind Saving Money & Other Good Financial Habits
Most people know that it is a good idea to save money, yet they do not do it. The question is, “Why? This training explores the psychological reasons people often do not practice the financial habits that they know would make them happier in the long run. You can access more webinars and trainings on various topics here on GuidanceResources Online.
The Sandwich Generation - Balancing Your Personal Life with the Needs of Your Elderly Parents
The term "Sandwich Generation" was coined for a generation of people who are "sandwiched" between providing care for their aging parents while also supporting their own children. You can access more webinars and trainings here on GuidanceResources Online.

Time Management Tools and Principles
Time is a constant. No matter how hard we try, we’ll never be able to add a 25th hour to our day. The key, then, is to get control of the 24 hours we do have. This training will describe prioritization and other techniques to help you make the most of your time.

Using Kindness To Achieve Personal Success & Happiness
When you are kind to others, you make them feel better, and in general just make the world a better place. But did you know that being kind also helps you achieve success and happiness for yourself? This training explores ideas for making kindness part of your self-betterment strategy. You can access more webinars and trainings on various topics here on GuidanceResources Online.

Using Reason To Resolve Conflict
When anger takes over, it is too hard to address a conflict in a logical way. This training is about ways to control anger so that you can make good choices when dealing with interpersonal conflict.