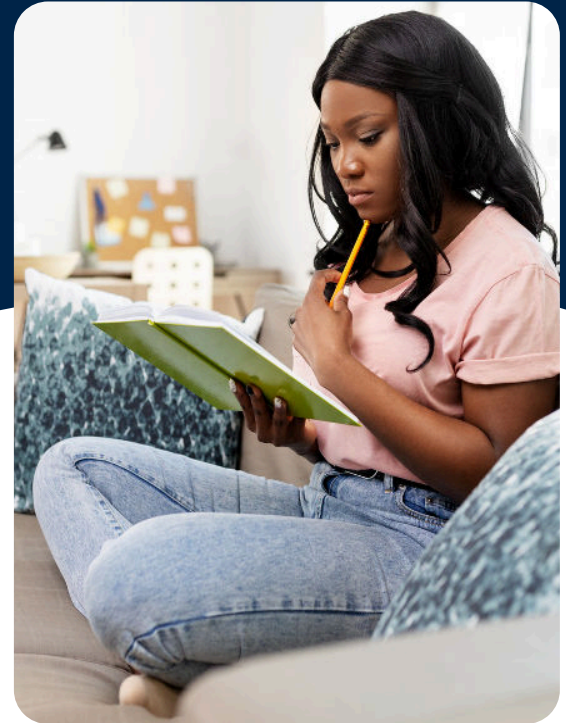


# Experience January's Live Events

This month, we're focusing on New Beginnings, offering practical tools to help you set meaningful goals and embrace change with confidence. Join us for expert guidance and hands-on workshops to start the year with clarity and purpose.



**January 9**

@12:00 PM ET

[REGISTER](#)

## Discover Your Why: A Hands-On Workshop for Meaningful Goal Setting

Start 2025 with purpose! In this interactive workshop, we'll go beyond traditional goal setting and help you uncover the "why" behind your goals. You'll explore your motivations, values, and what truly drives you—creating a solid foundation for sustainable progress.



**January 15**

@12:00 PM ET

[REGISTER](#)

## Embracing Change: Starting Fresh in the New Year with Confidence

As we step into 2025, it's natural to reflect on the past and set intentions for the future. In this webinar, we'll explore strategies to help you confidently embrace change. Discover how to navigate new opportunities with a positive mindset and turn challenges into growth.



**January 23**

@12:00 PM ET

[REGISTER](#)

## Set Yourself Up for Success: Achieve Goals with the SMART Framework

Make 2025 your most productive and fulfilling year yet by mastering the SMART goal-setting technique! You'll learn how to structure your goals in a way that makes them Specific, Measurable, Achievable, Relevant, and Time-bound, so you can stay motivated and focused.

