Hello All!

We invite you to join us on Wednesday, August 26th from 12pm-12:30pm EST for a live webinar entitled "Embracing Personal Reflection and Self-Awareness."

Most of us look in the mirror each day to assess how we look “on the outside”, but we don’t make a similar habit of looking at our inner selves. Are you the same person you were, say, back in high school? It’s unlikely! We are changing beings throughout our lifespan.

Personal reflection is a healthy way to develop your self-awareness in order to grow as a person. This webinar will examine ways to practice personal reflection, why it’s important, and what being self-aware can mean for you.

Register by visiting: https://register.gotowebinar.com/register/1004557112035640848