

# Experience May's Live Events

We're shining a light on what keeps us mentally strong and emotionally grounded. From boosting productivity and managing stress to building healthy relationships, our events are here to support your mental wellbeing.



**May 8**

@12:00 PM ET

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## Breaking the Cycle: Overcoming Procrastination for Better Productivity

Explore the psychology behind procrastination and share practical strategies to overcome it. Our experts will discuss how to reframe our mindset, build motivation, and develop habits that encourage proactive behavior.



**May 21**

@12:00 PM ET

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## Building Stress Resilience: Practical Tools for Managing Stress

Discover strategies for building resilience against stress from both a mindset and physical fitness perspective. Learn how combining personal development practices with physical activity can help build long-term resilience and strength.



**May 29**

@12:00 PM ET

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## From Codependent to Confident: Building Healthy Relationships

Start the year with purpose! Learn the art of intentional goal setting and discover how to align your wellness journey with your aspirations. Our expert coaches will guide you through setting clear and achievable goals for a successful and fulfilling 2024.

