

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

We're diving into the world of codependency, offering insights and steps to foster stronger, healthier connections. Take this opportunity to explore new ways of relating to those you care about while keeping your sense of self intact.

