

July

Tuesday, 1 JULY, 2 pm EST

Kindness

"No act of kindness, no matter how small, is ever wasted." – Aesop. This presentation will define kindness and will acknowledge the importance of embodying empathy and emotional intelligence as essential traits of kindness. The audience will leave this presentation with ways to be kinder towards others in the workplace, at home, and in your community.

Presenter: Howard Johnson, LMFT

TEAMs Registration Link, [Here](#).

Tuesday, 8 JULY, 2 pm EST

The Power of Persuasion: How to Influence Others

Persuasion is a powerful tool for aligning others with your vision and goals. In this seminar, participants will explore the art of influence, learning essential techniques to effectively "sell" your ideas and inspire enthusiasm. The session covers the fundamentals of persuasive speaking, proven strategies for making compelling arguments, and methods for tailoring your approach to different audiences. Through interactive exercises, participants will develop a personalized action plan and gain valuable resources to enhance their professional negotiation and persuasion skills.

Presenter: Camille DeRose, LPC

TEAMs Registration Link, [Here](#).

Tuesday, 15 JULY, 2 pm EST

Managing Priorities to Maximize Your Day

In today's fast-paced business environment, mastering planning and prioritization is essential to managing competing demands effectively. This session addresses the common challenges of juggling tight deadlines, meetings, emails, and interruptions, which can lead to stress and burnout. Participants will gain practical skills, tools, and techniques to enhance their effectiveness and productivity. Through interactive exercises and self-analysis tools, attendees will learn how to streamline their daily routines and achieve immediate improvements in their professional and personal lives.

Presenter: Denisha Wright, LCSW

TEAMs Registration Link, [Here](#).

MFED LIVE Weekly Webinar CALENDAR

Tuesday, 22 JULY, 2 pm EST

Psychological Wellness in the Workplace

Creating a psychologically safe work environment is essential for employee well-being and organizational success. Join us to learn how to address mental health challenges openly and see what you can do to foster a supportive and safe space where everyone can thrive. We'll also explore how to have meaningful conversations, promote a mentally healthy workplace, support colleagues dealing with mental illness, and overcome the stigma that often surrounds these issues.

Presenter: Howard Johnson, LMFT

TEAMs Registration Link, [Here](#).

Tuesday, 29 JULY, 2 pm EST

Self-Care Right Now

Self-care is essential for personal health and helps empower others and adapt to change. This class will focus on managing diet, sleep, and physical activity — key elements of self-care within our control. We will discuss how stress management affects physical and emotional health and explore the importance of communication and setting healthy boundaries for a happier life.

Presenter: Elvy Sipin, LCSW

TEAMs Registration Link, [Here](#).