When life is busy, it helps to slow down and focus on small everyday things that can support your mental wellbeing. Tap into your personal best with our skill building webinar to learn how personal values can support your goals and help create a happier, more fulfilled life.

In this informative, coach-guided session, you will learn about how to access your mental health program and get a deep-dive into the Personal Values skill building module.

- Learn about best predictors of long-term happiness
- Identify your personal values
- Practice mapping your values to life activities

Be sure to share this invitation with your employees and work colleagues so they can register for this event.

**Skill Building Webinar: Personal Values**
Join us for a 45-minute chat with Q & A
January 20, 2022 | 12 PM to 12:45 PM PT
Presented by Meghan Steckowski - [link to bio](#)

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