

Let Anxiety Be A Guide While You Do The Driving

Join us for a one-hour webinar on anxiety management



When things around you feel uncertain, your relationships, goals and priorities can easily become derailed. Worry is a natural and understandable response to uncertainty, but it doesn't have to be all-consuming.

In this interactive webinar, Amy Vigliotti, PhD, Founder and Head of SelfWorks, will teach you how to listen to what your anxiety is telling you and keep you focused on what is important in your life. You will have the opportunity to learn powerful exercises to foster calmness, focus and a clearer sense of purpose. You will also gain confidence in your ability to manage difficult waves of anxiety and not let them take course!

Thursday July 21st at 12pm EST

PAY WHAT YOU WISH

All donations will go to Everytown to prevent gun violence.

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