

Join Us: February 2024's Community Events

Monthly Theme: **Healthy Relationships and Boundaries**

Join our coaches live in this month's group coaching sessions, featuring meditations and workshops.

Elevate your workspace wellness by encouraging your team to join the latest community challenge! **The Love Your Heart Walkathon** will be taking place from February 1st - February 29th, join [here](#).



Workshop: Building Stronger Bonds with Trust

12:30 pm ET Coach Andy Lee
[Register Here](#)



Workshop: Embracing Togetherness in the Tech Era

12:30 pm ET Coach Andy Lee
[Register Here](#)



Workshop: The Art of Team Parenting

12:30PM ET Coach Gerald Gonzales
[Register Here](#)



Meditation: Soothing the Heart

3:30PM ET Coach Selena Lael Gonzales
[Register Here](#)



Cancer Prevention Month: The Power of Lifestyle Choices

3:30PM ET Coach Samantha Harris
[Register Here](#)

Join Emma-winning journalist Samantha as she shares insights from her journey as a breast cancer thriver and explore actionable tips for preventing cancer through mindful lifestyle choices.



Black History Month: Inspiring Change and Inclusion at Work

12:30PM ET Coach Aleasa Word
[Register Here](#)

Join certified EI coach and DEI strategist Aleasa as she helps guide individuals towards a more inclusive workplace with a focus on diversity and positive transformation.

