



The Wellbeing Elixir

Monthly Zoom Meetings Topics and Schedule

Included in the registration to this Magna Online Course are monthly synchronous group sessions via Zoom to where you can interact, ask questions, and share your experiences with other educators and the course creators.

***The Wellbeing Elixir* offers a rolling year of these monthly group sessions so if you register after a Zoom date has already taken place, you will still be guaranteed a full 12 Zoom sessions.**

Check out the schedule below!

Topic	Date	Time
Power of Play	Friday, May 20, 2022	11:00 AM Central
Emotional Intelligence	Friday, June 24, 2022	12:00 PM Central
Vulnerability	Friday, July 29, 2022	12:00 PM Central
Goal Setting	Friday, August 26, 2022	12:00 PM Central
Self-Compassion	Friday, September 30, 2022	12:00 PM Central
Joy at Work	Friday, October 28, 2022	12:00 PM Central
Life Domains	Friday, November 18, 2022	12:00 PM Central
Social Wellbeing	Friday, December 16, 2022	12:00 PM Central
Financial Wellbeing	Friday, January 27, 2023	12:00 PM Central
Meaning and Purpose	Friday, February 24, 2023	12:00 PM Central
Digital Diet	Friday, March 24, 2023	12:00 PM Central
Character Strengths	Friday, April 28, 2023	12:00 PM Central