Archived HumanaCare Webinars II

[Parenting 101](http://youtu.be/PKXwtKciM-0)

[Relaxation Training 101](http://youtu.be/bAEVDIpLtfE)

[Be Here Now](http://youtu.be/UD_0Li82CBA)

[Marriage 101](http://youtu.be/04cEMWsxgqM)

[Taking a Proactive Approach to Personal Success](http://youtu.be/NFTJF5raRzc)

[Mind your Manners: Bringing Civility back to the Workplace](http://youtu.be/OaoX0Z_BQS8)

[Tips for Retirement Planning](http://youtu.be/D5ejW2RiNo4)

[Strategies for Managing Unexpected Stress](http://youtu.be/_xi2y1L26t0)

[Tools for Purposeful Living](http://www.youtube.com/watch?v=eaIp1xRLUIA&feature=youtu.be)

[Choosing Happiness - Part 1 - Understand your Emotions](http://www.youtube.com/watch?v=6ol4YZ5oAA4)

[Choosing Happiness - Part 2 - What are feelings?](http://www.youtube.com/watch?v=1ncDg9oY1g0)

[Choosing Happiness - Part 3 - Finding your Happy Thought](http://www.youtube.com/watch?v=uAsPAZHXnH8&feature=youtu.be)

[Choosing Happiness Part 4 - Change your Action Change your Mood](http://youtu.be/KPhJ4J1YLwE)

[Choosing Happiness Part 5 - Choose your Focus Choose your Feelings](http://www.youtube.com/watch?v=Z0npuAFmths&feature=youtu.be)

[Choosing Happiness Part 6 - You can't hate your way to happiness](http://youtu.be/27FSLh0-59w)