



JME Insights Presents:
FREE WEBINAR
Navigating Negativity

*(Please forward this to anyone
that may benefit)*

Join us for a FREE Webinar on February 6

Free Webinar
Navigating Negativity

by guest presenter Amy Wood, Psy.D.

Thursday, February 6, 2014

For family and professional caregivers

Register Online Today by clicking the link below.
Or paste the link into your browser.

Webinar will be 30 minutes in length.

All attendees will be entered into a drawing for a CD by Amy Wood, Psy.D.

7:00 p.m. (Eastern)
6:00 p.m. (Central)
5:00 p.m. (Mountain)
4:00 p.m. (Pacific)

Registration Link: <https://www2.gotomeeting.com/register/307561202>

Webinar Description: As a caregiver, does negativity sometimes drag you down despite your best efforts to stay positive? Would you like more tools to rise above pessimism? If so, you will want to attend this workshop designed to help you get along better with naysayers, nitpickers, and other glass-half-empty influences. This supportive and enlightening webinar will help you to:

- Appreciate the value of pessimism. (yes, it's true; pessimists aren't all bad!)
- Understand how to practice healthy optimism
- Identify and apply five strategies for decreasing negativity
- Practice practical techniques for sustaining these strategies when challenged by overly negative people.

About Amy Wood, Psy.D.: Through speaking, writing, consulting, and one-on-one sessions, psychologist Amy Wood has helped countless adults from all walks of life and work to articulate and accomplish their own versions of success. Known for her pragmatic optimism, she believes that every human being is a unique and valuable individual with the inner resources necessary to overcome any challenge. Dr. Wood earned her doctorate from the Adler School of Professional Psychology and is certified by the College of Executive Coaching. Dr. Wood is the author of *Life Your Way: Refresh Your Approach to Success and Breathe Easier in a Fast-paced World* an award-winning personal improvement book that surpasses quick-fix self-help rhetoric with a sustainable program for adapting to our perpetually hectic age. She is often called on for her expert opinion by media ranging from local newspapers to Parade Magazine. To learn more about Dr. Wood, visit her website at <http://amywoodpsyd.com>. To get her book, go to www.amazon.com/gp/product/0615420761.

Webinar Format: You may participate in one of two ways:

1. The **first** viewing method is via access through the internet. You can view the presentation on your computer and listen via your computer speakers or USB headset connected to your computer.
2. The **second** option would use the internet and a telephone connection, or just the telephone. **Please note: If you use this second option, you may need to pay applicable phone charges from your telephone carrier.**

Once you register, you will receive an **email from Transformation Consortium** confirming your registration with information you need to join the webinar.

Space is limited and registrations are taken on a first come first serve basis.

For Additional Information: You can contact Janet at janet@janetedmunson.com with any questions you have about participating.