

## **STEP BY STEP WEBINAR TRAINING GUIDE**

Log in to <u>www.perspectivesltd.com</u> and click the 'Individual & Family Login' at the top right.



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Log in here to access resources and tools tailored for you and your organization. Reach us by phone 24/7/365 at 800.456.6327 to speak with a counselor or schedule a session.	
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For Webinars, click on the blue square "Webinars"

Webinars are 45-60 minutes in length. They are accessible 24/7 online.





The webinars page will look like this. If you click on "archived webinars", you will see all available webinars for viewing.



You will then come to this page. Click on the Webinars Tab as shown below and you will see a full listing of all webinars available (approximately 145 available).

Once you choose your webinar, click on it to open.

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Feat	ured Most Popular Highest Rated Webinars							
1.	5 Strategies for a Safe and Enjoyable Holiday Season in 2020	74.	Mindful Meal Planning					
2.	5 Strategies for a Safe and Enjoyable Holiday Season in 2020	75.	Mindful Meal Planning (Certificate)					
2	E Strategies to Actually Epicy the Helidaya This Year	76.	Mindfulness in the Workplace					
J.	5 Strategies to Actually Enjoy the Holidays This Year	77.	Mindfulness in the Workplace (Cert	tificate)				
4.	5 Strategies to Actually Enjoy the Holidays This Year (Certificate)	78.	Minimizing Worry to Maximize You	r Life				
5.	Banishing Bullying	79.	Minimizing Worry to Maximize You	r Life (Certificate)				
6.	Birth Order: Behavioral Traits that Affect Your Life and Work	80.	Money Basics					
7.	<ol> <li>Birth Order: Behavioral Traits that Affect Your Life and Work (Certificate)</li> </ol>		Money Basics (Certificate)					
8.	Breaking the Silence on Suicide: What to know and how to help	82.	Money Basics: Spending, Borrowin	ng and Saving It				
9.	Breaking the Silence on Suicide: What to know and how to help	83.	Money is Emotional: Prevent Your Heart from Hijacking Your Wallet					
10.	Bringing More Balance Into Your Life	84.	Money is Emotional: Prevent Your (Certificate)	Heart from Hijacking Your Wallet				
11.	Budgeting Basics - The Key To Becoming Financially Healthy (Certificate)	85.	New Year New You - 10 Financia Keep	I Resolutions You Can Actually				
12.	Budgeting Basics - The Key to Becoming Financially Healthy	86.	Painless Estate Planning					
13.	Calm Down: Meditation and Relaxation Guide	87.	Painless Estate Planning (Certifica	te)				
14.	Calm Down: Meditation and Relaxation Guide (Certificate)	88.	Parenting Using Personality Profile	s				
15.	Caregiver Readiness: Are you up for the Challenge?	89.	Parenting Using Personality Styles					
16.	Caring for Elders At Home	90.	Paying for College					
17.	Clear Your Clutter: A Comprehensive Guide	91.	Personal Responsibility: Setting the	e Example for Your Child				
18.	Clear Your Clutter: A Comprehensive Guide (Certificate)	92.	Planning for Long-term Care					



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Register   User Name   Password   Verify Password   Reminder   What is your mother's maiden name ✓   Passphrase   I agree to the terms of use   Sign me in for 30 days   REGISTER   CANCEL	If you are already registered for an individual account, please enter your information using th Once registered, write down your user name and password to easily access special features	e sign in form to the right. If not, please create an individual ac in the future.	count using the simple registration form below.						
	Register         User Name         Password         Verify Password         Reminder         What is your mother's maiden name          Passphrase         I agree to the terms of use         Sign me in for 30 days         REGISTER         CANCEL	Sign In User Name: Password: Recover Password Greep me eigned in for thirty (30) days unless I sign out. (Uncheck if on a shared computer) SIGN IN							

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