

Wings Online Seminars 2021

Foundations of WellBeing

May 14-15 Sept. 10-11
June 4-5 Oct. 8-9
July 9-10 Nov. 5-6
Aug. 13-14 Dec. 3-4

CrossOver Intensive

(Prerequisite: CrossOver)

June 26-27 Oct. 16-17

Fundamentals of WorkLife Success

May 11 Nov. 2
Aug. 3

Skill Group

(Prerequisite: LifeWorks)

Oct. 1-2

Foundations of True Colors

(Teen seminar, ages 14-18)

July 9-11

Essential Practices of Equity and Agility

July 7, 14, 21, 28
Oct. 14, 21, 28, and Nov. 4

Grace and Gratitude

Nov. 12-13

InSight 1

Aug. 19-20 and 26-27

NEST Group

June 7, 14, 21, 28

Free Online Offerings

Mondays, noon to 1 p.m. PDT

May 3 - Wellness
May 10 - Contemplative
May 17 - Lantern
June 7 - Wellness
June 14 - Contemplative
June 21 - Lantern

Wednesdays, 7 to 8 p.m. PDT

May 5 - Meditation
May 12 - Meditation
May 19 - Meditation
May 26 - Meditation

(Will be paused June, July, August)

NEST, 10:30 a.m. to noon PDT

April 2, 9, 16, 23
May 5, 12, 19, 26

Assist Team Training

May 21
August 7