

Wings Online Seminars 2021

Foundations of WellBeing

July 9-10
Aug. 13-14
Sept. 10-11
Oct. 8-9

Nov. 5-6
Dec. 3-4

CrossOver Intensive

(Prerequisite: CrossOver)

Oct. 16-17

Fundamentals of WorkLife Success

Aug. 3
Nov. 2

Skill Group

(Prerequisite: LifeWorks)

Oct. 1-2

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

InSight 2

Dec. 9-10 and 16-17

NEST Group

July 1, 8, 15, and 22
Sept. 2, 9, 16, and 23

Free Online Offerings

Mondays, noon to 1 p.m.

1st Monday - Wellness
2nd Monday - Contemplative
3rd Monday - Lantern

Wednesdays, 7 to 8 p.m.

July 7, 14, 21, and 28
Aug. 4, 11, 18, and 25

Assist Team Training

Aug. 7
Nov. 17

All times are Pacific Standard Time.



Where the desire for life meets the skills to live it!

www.wings-seminars.com 541-683-8540
Join our email list: wings@wings-seminars.com