

Wings Online Seminars 2021

Foundations of WellBeing

Sept. 10-11
Oct. 8-9

Nov. 5-6
Dec. 3-4

Essential Practices of Equity and Agility

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

CrossOver Intensive

(Prerequisite: CrossOver)

Oct. 16-17

Grace and Gratitude

Nov. 12-13

InSight 1

Aug. 19-20 and 26-27

Fundamentals of WorkLife Success

Nov. 2

InSight 2

Dec. 9-10 and 16-17

Skill Group

(Prerequisite: LifeWorks)

Oct. 1-2

NEST Group

Sept. 1, 8, 15, and 22
Oct. 7, 14, 21, 28
Nov. 2, 9, 16, 23

Free Online Offerings

Mondays, noon to 1 p.m.

1st Monday - Wellness
2nd Monday - Contemplative

Wednesdays, 7 to 8 p.m.

Oct. 6, 13, 20, 27
Nov. 3, 10, 17, 24

Assist Team Training

Nov. 17

All times are Pacific Standard Time.



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

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Join our email list: wings@wings-seminars.com