PERSONAL WELL-BEING...
Prioritize your health & happiness

**Mindfulness: Shift Your Perspective and Reduce Your Stress**
Paul Fulton, Ed.D.; Founding Member, Institute for Meditation and Psychotherapy
September 13
12:00 – 1:30 p.m.

**Unwinding Anxiety the Mindful Way (A Three-Part Workshop Series)**
Paul Fulton, Ed.D.; Founding Member, Institute for Meditation and Psychotherapy
October 21
October 28
November 4
12:00 – 1:30 p.m.

**Fixing Your Broken Sleep**
Rick Clerici, C.H.T., C.S.E.; Director, Clear Mind Systems
October 23
12:00 – 1:30 p.m.

**5 Strategies to Actually Enjoy the Holidays This Year (Webinar)**
Melissa Schneider, L.C.S.W.; Trainer, Speaker and Published Author
October
[On Demand]

**Putting Out the Fire: Preventing and Managing Burnout (Webinar)**
Eva Churchill, L.I.C.S.W.; Executive Coach and Psychotherapist, Private Practice
December
[On Demand]

Details and Registration at
hr.mit.edu/worklife/seminars
Optimizing Your Social Security Benefit
Francine Kollias, B.A.; Social Security Consultant and Educator

October 3
12:00 – 1:30 p.m.

Take Control of Your Financial Future: Budgeting, Spending, and Saving Strategies
Jimmy Becker, M.B.A.; Founder, Financially Speaking

October 8
12:00 – 1:30 p.m.

Estate Planning Basics
Patricia C. D’Agostino, J.D.; Partner, Margolis & Bloom, LLP

October 15
12:00 – 1:30 p.m.

Buying Your First Home: What You Need to Know (A Two-Part Seminar Series)
Linda Jason, J.D., M.Ed.; Real Estate Lawyer and Educator
  • Part One: Beginning the Process
  • Part Two: Closing the Deal

October 16
12:00 – 1:30 p.m.

October 22
12:00 – 1:30 p.m.

Paying for College: Knowing the Options
Shannon Vasconcelos, M.A.; Senior Manager of College Finance, Bright Horizons Education & College Advising

November 12
12:00 – 1:30 p.m.

Student Loan Repayment Strategies
Jeanne Mahan, M.A.; Senior Manager, College Finance, College Coach

Details and Registration at hr.mit.edu/worklife/seminars
<table>
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<tr>
<th>Date</th>
<th>Event</th>
<th>Speaker/Details</th>
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| September 19| **Investing 101: Learn the Basics**  
5:00 – 7:00 p.m.  
Dinner will be available beginning at 5:00 p.m.  
Steven Dimitriou, A.I.F., Q.P.F.C.; Managing Partner, Mayflower Advisors |                                                                                  |
| September 26| **Relationships: Cultivating the Partnership You Both Want**  
5:00 – 7:00 p.m.  
Dinner will be available beginning at 5:00 p.m.  
Vienna Rothberg, M.S.W., M.P.H.; Program Manager, Pleasure@MIT |                                                                                  |
| October 8   | **Take Control of Your Financial Future: Budgeting, Spending, and Saving Strategies**  
12:00 – 1:30 p.m.  
Jimmy Becker, M.B.A.; Founder, Financially Speaking |                                                                                  |
| October 16  | **Buying Your First Home: What You Need to Know (A Two-Part Seminar Series)**  
November 6  
12:00 – 1:30 p.m.  
Linda Jason, J.D., M.Ed.; Real Estate Lawyer and Educator  
• Part One: Beginning the Process  
• Part Two: Closing the Deal |                                                                                  |
| October 17  | **Build a Meaningful Career: Discover Possibilities and Create Your Action Plan (A Three-Part Workshop Series)**  
October 31  
November 14  
4:30 – 5:45 p.m.  
Jennifer Earls, M.Ed.; Career Counselor and Founder, Dance with Life Consulting |                                                                                  |
| November 12 | **Student Loan Repayment Strategies**  
12:00 – 1:30 p.m.  
Jeanne Mahan, M.A.; Senior Manager, College Finance, College Coach |                                                                                  |
| November 20 | **Engineering Meaningful Work Relationships Through Mentoring**  
12:00 – 1:30 p.m.  
Alesha Carlse-Bryan, M.A.; Associate Director for Prehealth Advising, MIT Career Advising and Professional Development (CAPD)  
Michael Patrick Rutter, B.A.; Senior Advisor for Communications, MIT Office of the Vice Chancellor (OVC) |                                                                                  |

*Presented in collaboration with the Office of the Vice President for Research and Millennials ERG*  
Details and Registration at  
[hr.mit.edu/worklife/seminars](http://hr.mit.edu/worklife/seminars)
October 24
12:00 – 1:30 p.m.

Is Your Child on Track? Decoding Report Cards and Test Scores
Timothy Daly, M.A.; Co-Founder, EdNavigator
Elysa Severinghaus, B.A.; Master Navigator, EdNavigator

October 29
12:00 – 1:30 p.m.

Raising Bilingual Children
Suzanne Flynn, Ph.D.; Professor of Linguistics and Language Acquisition, MIT

November 13
12:00 – 1:30 p.m.

The Sex Talk: So Embarrassing, Yet So Necessary
Vienna Rothberg, M.S.W., M.P.H.; Program Manager, Pleasure@MIT

December 4
12:00 – 1:00 p.m.

Living on Overload: Self-Care for Maxed-Out Parents (Webinar)
TorchLight Special Needs Advising, Bright Horizons

Monthly
12:00 – 1:30 p.m.

Choosing Quality Child Care
Kathy Kasabula, B.A.; Program Specialist, MIT Work-Life Center

Details and Registration at hr.mit.edu/worklife/seminars
CARING FOR AGING PARENTS...

What worries you the most?

December 9
12:00 – 1:30 p.m.

Managing Caregiver Stress: Preserve Your Own Health and Well-Being
Chandi Deitmer, L.I.C.S.W.; Care Advisor, Care@Work Adult and Senior Care Advising

October 15
12:00 – 1:30 p.m.

Understanding the Legal Landscape of Aging
Patricia C. D’Agostino, J.D.; Partner, Margolis & Bloom, LLP

November 5
12:00 – 1:30 p.m.

Maximizing Quality of Life as You Age (Webinar)
Care@Work Adult and Senior Care Advising

Details and Registration at hr.mit.edu/worklife/seminars
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<td>October 1</td>
<td>Preparing a Strong College Application: Putting the Pieces Together</td>
<td>Christine Kenyon, M.A.; Director of Educational Counseling, Bright Horizons College Advising</td>
</tr>
<tr>
<td>October 22</td>
<td>Paying for College: Knowing the Options</td>
<td>Shannon Vasconcelos, M.A.; Senior Manager of College Finance, Bright Horizons College Advising</td>
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<td>December 5</td>
<td>PSAT: What a Score Means and Why It Matters (Webinar)</td>
<td>Bright Horizons College Advising</td>
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Details and Registration at hr.mit.edu/worklife/seminars
Making Informed Retirement Planning Decisions (A Two-Part Seminar Series)

Steven Dimitriou, A.I.F., Q.P.F.C.; Managing Partner, Mayflower Advisors
Ken Davies, E.A., C.E.B.S., B.S.; Retirement Programs Manager, MIT

- Part One: When Can I Afford to Retire?
- Part Two: Will It All Add Up?

Optimizing Your Social Security Benefit

Francine Kollias, B.A.; Social Security Consultant and Educator

Estate Planning Basics

Patricia C. D’Agostino, J.D.; Partner, Margolis & Bloom, LLP

Presented in collaboration with MIT Benefits