MIT WORK-LIFE CENTER  
FALL 2019  
SEMINAR SERIES  

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

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

October 21  
October 28  
November 4  
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 23  
12:00 – 1:30 p.m.  
**Fixing Your Broken Sleep**  
Rick Clerici, C.H.T., C.S.E.; Director, Clear Mind Systems

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

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

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

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

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

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

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

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

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MIT WORK-LIFE CENTER FALL 2019
SEMINAR SERIES

YOUNG PROFESSIONALS...
Navigating your life & career

September 19
5:00 – 7:00 p.m.
Investing 101: Learn the Basics
Steven Dimitriou, A.I.F., Q.P.F.C.; Managing Partner, Mayflower Advisors
Dinner will be available beginning at 5:00 p.m.

September 26
5:00 – 7:00 p.m.
Relationships: Cultivating the Partnership You Both Want
Vienna Rothberg, M.S.W., M.P.H.; Program Manager, Pleasure@MIT
Dinner will be available beginning at 5:00 p.m.

October 8
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 16
November 6
12:00 – 1:30 p.m.
Buying Your First Home: What You Need to Know (A Two-Part Seminar Series)
• Part One: Beginning the Process
• Part Two: Closing the Deal
Linda Jason, J.D., M.Ed.; Real Estate Lawyer and Educator

October 17
October 31
November 14
4:30 – 5:45 p.m.
Build a Meaningful Career: Discover Possibilities and Create Your Action Plan (A Three-Part Workshop Series)
Jennifer Earls, M.Ed.; Career Counselor and Founder, Dance with Life Consulting

November 12
12:00 – 1:30 p.m.
Student Loan Repayment Strategies
Jeanne Mahan, M.A.; Senior Manager, College Finance, College Coach

November 20
12:00 – 1:30 p.m.
Engineering Meaningful Work Relationships Through Mentoring
Aleshia Carlsen-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
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

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

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

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

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?

October 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.
Estate Planning Basics
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
**MIT WORK-LIFE CENTER FALL 2019**

**SEMINAR SERIES**

**THE TEEN YEARS & BEYOND...**

Parenting teens & planning for college

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**October 1**
12:00 – 1:30 p.m.

**Preparing a Strong College Application: Putting the Pieces Together**
Christine Kenyon, M.A.; Director of Educational Counseling, Bright Horizons College Advising

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**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 College Advising

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**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

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**November 13**
12:30 – 1:30 p.m.

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

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**December 5**
12:30 – 1:00 p.m.

**PSAT: What a Score Means and Why It Matters (Webinar)**
Bright Horizons College Advising

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Details and Registration at [hr.mit.edu/worklife/seminars](http://hr.mit.edu/worklife/seminars)
Making Informed Retirement Planning Decisions* (A Two-Part Seminar Series)

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

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

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

Details and Registration at hr.mit.edu/worklife/seminars