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

**March 10**
12:00 – 1:30 p.m.

Mindfulness and Interpersonal Relationships (A Three-Part Workshop Series)
Paul Fulton, Ed.D.; Founding Member, Institute for Meditation and Psychotherapy

**March 17**
12:00 – 1:30 p.m.

Our Everyday Environment: Sustainable Practices for a Healthier Life
Lora Babb, M.E.L.P.; Sustainable Economies Program Manager, Manomet

**March 24**
12:00 – 1:30 p.m.

How to Make Healthy Eating a Habit
Heidi Roth, R.D., L.D.N., B.S.; Owner, Heidi Roth Nutrition

**March 19**
12:00 – 1:30 p.m.

**March 25**
12:00 – 1:30 p.m.

Pathways to Happiness: Focusing on What Matters
Joan Klagsbrun, Ph.D.; Certifying Coordinator, Focusing-Oriented Psychotherapist and Focusing Trainer, The International Focusing Institute

**April 15**
12:00 – 1:30 p.m.

Stop Stress, Build Resilience
Jim Porter, M.A.L.S.; CEO, StressStop

Details and Registration at hr.mit.edu/worklife/seminars
Living Your Life and Managing Your Debts
Jimmy Becker, M.B.A.; Founder, Financially Speaking

Understanding, Negotiating, and Appealing Financial Aid and Merit Scholarship Offers (Webinar)
Stacey MacPhetres, M.A.; Director of College Finance, Bright Horizons College Advising

Couples and Money: What’s Love Got to Do with It?
Ina Bachman, L.I.C.S.W., T.I.W.C., C.E.A.P.; Founder and Coach, Bachman Coaching

Before You Borrow: Exploring Your College Finance Options
Jeanne Mahan, M.A.; Senior Manager of College Finance, Bright Horizons College Advising

March 18
12:00 – 1:30 p.m.

March 24
12:30 – 1:30 p.m.

April 29
12:00 – 1:30 p.m.

May 5
12:00 – 1:30 p.m.

Details and Registration at hr.mit.edu/worklife/seminars
MIT WORK-LIFE CENTER  
SEMINARY SERIES  

YOUNG PROFESSIONALS...  
Navigating your life & career  

March 18  
12:00 – 1:30 p.m.  
Living Your Life and Managing Your Debts  
Jimmy Becker, M.B.A.; Founder, Financially Speaking  

March 19  
12:00 – 1:30 p.m.  
Our Everyday Environment: Sustainable Practices for a Healthier Life  
Lora Babb, M.E.L.P.; Sustainable Economies Program Manager, Manomet  

April 1  
5:00 – 7:00 p.m.  
Investing 201: Continuing the Conversation  
Steven Dimitriou, A.I.F., Q.P.F.C.; Managing Partner, Mayflower Advisors  
Dinner will be available beginning at 5:00 p.m.  

April 28  
5:00 – 7:00 p.m.  
Breaking Through the Gridlock: The Power of Conversation in a Polarized World  
Jason Jay, M.Ed., Ph.D.; Senior Lecturer and Director, MIT Sloan Sustainability Initiative  
Dinner will be available beginning at 5:00 p.m.  

April 29  
12:00 – 1:30 p.m.  
Couples and Money: What’s Love Got to Do with It?  
Ina Bachman, L.I.C.S.W., T.I.W.C., C.E.A.P.; Founder and Coach, Bachman Coaching  

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

Presented in collaboration with the Office of the Vice President for Research and Millennials ERG
PARENTING...
A little help figuring it out

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

Understanding the MCAS: Support Your Child’s Success
Chris Espinoza, M.A.; Navigator, EdNavigator
Elysa Severinghaus, B.A.; Master Navigator, EdNavigator

End-of-Year Review: Evaluate Your Child’s Progress in School
Chris Espinoza, M.A.; Navigator, EdNavigator
Elysa Severinghaus, B.A.; Master Navigator, EdNavigator

Spring into Fall: Plan Your Child's Summer Learning
Chris Espinoza, M.A.; Navigator, EdNavigator
Elysa Severinghaus, B.A.; Master Navigator, EdNavigator

Monthly
12:00 – 1:30 p.m.

Details and Registration at hr.mit.edu/worklife/seminars
MIT WORK-LIFE CENTER
SEMINAR SERIES

CARING FOR AGING PARENTS...
What worries you the most?

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

March 31
12:00 – 1:30 p.m.
Overcome the Help Hurdle: Manage Reluctance with Care and Compassion
Chandi Deitmer, L.I.C.S.W.; Care Advisor, Care@Work Adult and Senior Care Advising

April 16
12:00 – 1:30 p.m.
Medicare ABCs (and Ds): Everything You Need to Know
Francine Kollias, B.A.; Social Security Consultant and Educator

May 12
12:00 – 1:30 p.m.
Understanding the Legal Landscape of Aging
Patricia C. D'Agostino, J.D.; Partner, Margolis & Bloom, LLP

August 4
1:00 – 2:00 p.m.
Choosing the Right Care Providers for Your Loved Ones (Webinar)
Care@Work Adult and Senior Care Advising
THE TEEN YEARS & BEYOND...

Parenting teens & planning for college

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

SAT & ACT: Which Is Right for My Child? (Webinar)
Allie Kirchner; Senior Academic Advisor, Revolution Prep

Understanding, Negotiating, and Appealing Financial Aid and Merit Scholarship Offers (Webinar)
Stacey MacPhetres, M.A.; Director of College Finance, Bright Horizons College Advising

Alternatives to a Four-Year Degree (Webinar)
Tova Tolman, M.A.; Director of Educational Counseling, Bright Horizons College Advising

Preparing for Today’s SAT (Webinar)
Megan Stubbendeck, M.A., Ph.D.; Managing Director of Operations, ArborBridge

Finding the Right Fit: Creating the Best College List
Christine Kenyon, M.A.; Director of Educational Counseling, Bright Horizons College Advising

Before You Borrow: Exploring Your College Finance Options
Jeanne Mahan, M.A.; Senior Manager of College Finance, Bright Horizons College Advising

Admission to the Ivies and Other Highly Selective Schools: Strategies for Success (Webinar)
Becky Leichtling, M.A.; Senior Manager of Educational Consulting, Bright Horizons College Advising
March 26
12:00 – 1:30 p.m.
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

April 16
12:00 – 1:30 p.m.
Medicare ABCs (and Ds): Everything You Need to Know
  Francine Kollias, B.A.; Social Security Consultant and Educator

May 12
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*Presented in collaboration with MIT Benefits*

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