Seminars

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Our seminars are fully interactive and feature expert speakers in health, wellness and nutrition. Best of all, you can send questions to the speaker during the presentation and they will respond during a question and answer session.

Arleen Fitzgerald, L.I.C.S.W.

Arleen Fitzgerald has a master's degree and has been an independently licensed clinical social worker and psychotherapist for the past 20 years. Arleen has experience in public and private practice settings and specializes in medical-behavioral integration. She is a behavioral health consultant for consumer health publications for OptumHealth and UnitedHealthcare.

How to Cope with Procrastination and Be More Productive

Arleen Fitzgerald, L.I.C.S.W., Behavioral Health Consultant

July 14, 2015, 12:30 p.m. ET •11:30 a.m. CT • 10:30 a.m. MT • 9:30 a.m. PT

What is procrastination? Why do we procrastinate? What zaps our energy and feeds into putting projects off and not wanting to finish, let alone start a project? We will look at ways to be more productive in your daily life when you find yourself wanting to procrastinate. Learn coping skills to help you take that first step to overcome procrastination and start doing.

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