

Getting Real:

Does All That Advice Help or Hurt?

Webinar • June 11, 2024 • Noon ET/9:00am PT

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Let's face it: we're all suffering from information overload. There's so much conflicting advice and everyone's an expert. Simply keeping up with it all is exhausting. And trying to determine what's valuable and what's not? We give up. If this sounds familiar, this webinar is for you.

Tune in for real tools to help you figure out what actually works for you and your family. Back by popular demand, guest Chelsea Elliott will share simple tactics to help you trust your instincts and feel confident in your choices...as a parent, employee, caregiver, and person. Join us for practical strategies you can put to use today. Register for free to join live or receive the recording.

About Our Presenter

Chelsea Elliott, MSW



Chelsea Elliott, MSW, is the founder of Sōmōcom Lab, creator of the EQ Kids Crew and a parenting expert. Her practical approach to parenting is based on understanding how to handle our children's emotions and behaviors by understanding ourselves on a deeper level. Her work has been featured on the Today Show, Parents Magazine, Good Housekeeping and many others. Chelsea is a Certified Emotional Intelligence Coach and holds a master's degree in social work from Boston College and a bachelor's degree in psychology from the University of Cincinnati.