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**Welcome to your January Calm-Cast Toolkit!**

This toolkit will help you share information about meQuilibrium’s monthly Calm-Cast with all of your employees. Included you will find basic information on how to describe meQuilibrium’s Monthly Calm-Cast, the topic, description and registration link for January and newsletter/social media content you can post internally.

**What is a Calm-Cast?**

Calm-Cast is a monthly series of short webcasts designed to connect you in real-time with meQuilibrium experts. Don’t miss the next one—create your meQuilibrium account today to begin your personalized resilience program. With just a few minutes a day, you’ll find yourself developing new positive habits, uncovering different ways to deal with challenges and building your resilience.

**Registation Information for January’s Calm-Cast**

**Topic: How to Make Your Goals a Reality**

What do you want out of your 2018? This Calm-Cast isn’t just about resolutions—it’s about a revolution, powered by you. meQuilibrium co-founder and CEO Jan Bruce will share what it takes to make your goals a reality and how to reclaim the power to change the story. This is your year—own it!

**Date: Thursday, January 18, 2018**

**Time: 12:00 PM - 12:30 PM Eastern Time**

**Registration Link:** <https://register.gotowebinar.com/register/6532657463368430595>

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**Newsletter/Social Media Content**

Simply copy and paste the content below into your newsletter, intranet, yammer or other internal communication site. In each post, we have included a description of the Calm-Cast, registration link, general information about meQuilibrium and a link to your company branded meQuilibrium enrollment page.

**Post 1: meQuilibrium Calm-Cast: How to Make Your Goals a Reality**

It’s YOUR year! How will you own it? Join meQuilibrium co-founder and CEO, Jan Bruce, on January 18 at 12pm EST, as she shares the secrets to making this year the one when your goals become a reality.

Register now for the live webcast on January 18, at 12pm ET. <https://register.gotowebinar.com/register/6532657463368430595>

Haven’t heard of meQuilibrium? meQuilibrium is a personalized resilience program designed to help you feel more balanced and capable—no matter what your day brings. Try it today! [www.mymeq.com/wellesley](http://www.mymeq.com/wellesley)

**Post 2: Tips and Tricks for the New Year**

This year, make a resolution to make a revolution—by making your goals a reality. You have the power to change your story and start the year off empowered. Join meQuilibrium co-founder and CEO, Jan Bruce on January 18th, 12pm EST, to find out how.

Registration Link: <https://register.gotowebinar.com/register/6532657463368430595>

Want access other helpful tips and tricks? Begin your personalized resilience journey with meQuilibrium today. [www.mymeq.com/wellesley](http://www.mymeq.com/wellesley)

**Post 3: Have you registered for meQuilibrium’s January Calm-Cast?**

This is the year that you make your goals a reality. Join meQuilibrium co-founder and CEO, Jan Bruce, on January 18th at 12pm EST as she shares the secrets to unlocking your full potential and revolutionizing the year ahead.

Don’t forget to register for the live webcast:

<https://register.gotowebinar.com/register/6532657463368430595>

Try meQuilibrium today. You’ll be guided step-by-step through the program to learn new skills with easy-to-do activities and short videos in small slices of time. [www.mymeq.com/wellesley](http://www.mymeq.com/wellesley)

**Post 4: A New Year Means a New, Empowered You**

How will you make your goals a reality this year and change your story? Join meQuilibrium co-founder and CEO, Jan Bruce on January 18th at 12pm EST as she shares the secrets to unlocking your power and making this year your best yet.

Register today and we’ll see you on January 18:

<https://register.gotowebinar.com/register/6532657463368430595>

Begin your personalized resilience journey with meQuilibrium today. With just a few minutes at a time, you'll find yourself developing new positive habits, uncovering different ways to deal with challenges and building your resilience. [www.mymeq.com/wellesley](http://www.mymeq.com/wellesley)

**Post 5: Last chance to register for meQuilibrium’s January Calm-Cast**

This year, don’t just make a resolution, make a revolution—powered by you. Join meQuilibrium co-founder and CEO, Jan Bruce on January 18th at 12pm EST as she reveals the secrets to an empowered year and making your goals a reality.

Register today: <https://register.gotowebinar.com/register/6532657463368430595>

meQuilibrium can help you change the way you respond to life’s daily pressures this year. Take a few minutes and get started today! [www.mymeq.com/wellesley](http://www.mymeq.com/wellesley)

*Questions? Feedback? Contact* [*shakira.maclyons@mequilibrium.com*](mailto:shakira.maclyons@mequilibrium.com)