



**DECEMBER
2026**

MLE LIVE MONTHLY WEBINAR SERIES

HOW TO FORGIVE AND LET GO

DATE: 12/9/2026

TIME: 1:30PM TO 2:30PM EST

Holding onto grudges is common, but the consequences can affect our personal relationships, health, stress levels, and even professional success. In this course, participants will explore the art of forgiveness, the lasting effects of harboring resentment, and the empowerment that comes from letting go. Together, we'll develop the skills to accept forgiveness, ask for it when we've hurt others, and recognize the emotions that may block us from forgiving. Join us to discover the freedom and peace that comes with forgiveness!

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