

# MYgroup Live Monthly Webinar Series

February 2026



## The Power of Kindness in Trying Times

“No act of kindness, no matter how small, is ever wasted.” In this uplifting seminar, participants will be equipped with self-reflective tools to define kindness in their own lives. We’ll delve into the significance of embodying empathy and emotional intelligence as essential traits for everyone, exploring how kindness—those simple acts of goodwill—can transform our workplaces, homes, and communities. Join us to discover how even the smallest gestures can create ripples of positivity and connection!

February 11, 2026

1:30PM to 2:30PM EST

### Register in MY Portal

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First time users will set up an account using your organization code.

Your organization code is **<code>**

Then, set up an account with your email address and password.



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*\*All webinars are recorded and saved in MY Portal 48-72 hours after release for your reference at any time*