



Kapnick  
Strive

# CULTIVATING JOY

## *Reducing Holiday Pressure & Managing Expectations*

The holiday season can be both joyful and overwhelming. Balancing social obligations, gift-giving, and family expectations often leads to stress. However, by adopting mindful practices, we can cultivate joy and manage holiday pressures with more ease.

**Join Kapnick's webinar** to explore strategies for reducing holiday pressure and enjoying the season with more joy and less stress.



**Wednesday, December 18th**



**12:00-12:30 PM EST**



**Scan to Register!**

Or visit [info.kapnick.com/strive-monthly-webinars](https://info.kapnick.com/strive-monthly-webinars)