



# NEW BEGINNINGS

## — THE PSYCHOLOGY OF — STARTING FRESH

**New beginnings bring excitement and opportunities, but they can also be daunting.** The start of a new year is the perfect time to reset and focus on personal and professional growth. By understanding the psychology behind fresh starts, we can better navigate change, set meaningful goals, and cultivate a mindset that leads to lasting success.

**Join Kapnick's webinar** to understand the benefits of new beginnings. Learn how to set achievable goals, manage your time effectively, and stay motivated!



**Wednesday, January 29th**



**12:00-12:30 P.M. EST**



**Scan to Register!**

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