



Set goals to overcome self-doubt



Get insight on how to use goal-setting to put self-doubt behind you. Join our live webinar on Wednesday, August 13, 2025 at 1:00 p.m. CT. Scan the QR code to [register now](#).

Attend this webinar to:

- Describe the importance of goal setting and its impact on self-confidence
- Learn how to set clear, achievable goals
- Identify how to overcome obstacles

The webinar will be recorded and posted on your Employee Assistance Program website, Member.MagellanHealthcare.com (enter Principal Core).