MAY 2021

MONDAY 03
HANDLING WORK RELATED STRESS DURING THE PANDEMIC @ 5:30PM
🌟 SIGN UP HERE

TUESDAY 04
GOAL SETTING: DOING IT S.M.A.R.T @ 3PM
🌟 SIGN UP HERE

WEDNESDAY 05
COPING WITH GRIEF & LOSS DURING THE PANDEMIC @ 6PM
🌟 SIGN UP HERE

THURSDAY 06
SELF-AWARENESS: UNDERSTANDING HOW YOU SHOW UP IN THE WORLD @ 3PM OR 6PM
🌟 SIGN UP HERE

NOTES
Remember to CLICK 'Sign Up Here' to register for a workshop
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NOTES
See Page 5 for Workshop Descriptions
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<th>MONDAY 10</th>
<th>TUESDAY 04</th>
<th>WEDNESDAY 05</th>
<th>THURSDAY 06</th>
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<td>Handling Work Related Stress During the Pandemic @ 5:30PM</td>
<td>Goal Setting: Doing It S.M.A.R.T @ 3PM</td>
<td>Coping with Grief &amp; Loss During the Pandemic @ 6PM</td>
<td>Self-Awareness: Understanding How You Show Up in the World @ 3PM or 6PM</td>
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MAY 2021

MONDAY 17

HANDLING WORK RELATED STRESS DURING THE PANDEMIC @ 5:30PM

SIGN UP HERE

TUESDAY 04

GOAL SETTING: DOING IT S.M.A.R.T @ 3PM

SIGN UP HERE

WEDNESDAY 05

COPING WITH GRIEF & LOSS DURING THE PANDEMIC @ 6PM

SIGN UP HERE

THURSDAY 06

SELF-AWARENESS: UNDERSTANDING HOW YOU SHOW UP IN THE WORLD @ 3PM OR 6PM

SIGN UP HERE

NOTES

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NOTES

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### MAY 2021

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| MONDAY       | 31 | NOTES | | |
|--------------|----|-------| | |
| **HANDLING WORK RELATED STRESS DURING THE PANDEMIC** @ 5:30PM | | **Remember to CLICK 'Sign Up Here' to register for a workshop** | | |
| **SIGN UP HERE** | | | | |

See Page 5 for Workshop Descriptions
This workshop is designed to help members of the Black community and other ethnic groups manage and handle work related stress due to the extended pandemic-related lockdowns. From frontline and essential workers who are required to be out in public to people who have been on lockdown in their homes working from home, we are all facing different work-related stressors and triggers. Participation in this workshop will give you the tools to:

- Identify what your stress triggers are relating to work
- Employ mindfulness tools and techniques to help manage the mental and physical effects of work-related stress
- Develop mental and emotional resiliency to help manage emotions through current and future uncontrollable situations
GOAL SETTING: DOING IT S.M.A.R.T

This workshop is designed to help members of the Black community and other ethnic groups learn how to effectively goal set and hold themselves accountable to the achievement of their goals. SMART goal setting can be used to help in areas such as career, finances, education, family, artistic expression, changes in attitude, physical health, and public service goals. Participation in this workshop will give you the tools to:

- Understand what the S.M.A.R.T acronym stands for
- How to implement SMART goal setting in all aspects of your life
- Create a community of accountability partners who will help you stay on track towards the attainment of your goals
COPING WITH GRIEF & LOSS DURING THE PANDEMIC

This workshop is designed to help members of the Black community and other ethnic groups cope with death, loss, and grief during the pandemic. Participation in this workshop will give you the tools to:

- Effectively identify and discuss your emotional triggers
- Employ mindfulness and practice breathing techniques in situations where you feel triggered
- Create a support system around you that can assist you during emotionally triggering times
- Develop healthy habits to support your mental health during periods of lockdown
This workshop is designed to help members of the Black community and other ethnic groups build emotional intelligence through strengthening self-awareness and understanding how they show up in social settings with others. Participants will have an opportunity to receive constructive criticism about specific areas/scenarios in a safe and nurturing environment. Participation in this workshop will allow you to:

- Clearly identify how you show up to others
- Learn how to receive uncomfortable feedback without becoming easily triggered
- Learn how to give feedback that may be uncomfortable to others
- Learn how things like body language, tone of voice and eye contact (or lack thereof) can impact how your message is received by the people you are communicating with