Virtual Resources During COVID-19

**Work/Life Live Workshops**
- Managing Stress - SKY Mediation and Mindful Movements
- Virtual Yoga: Energize & Restore
- HUECU Money Chat: Pandemic Edition
- Managing Caregiving in the Era of COVID-19
- Welcoming a Baby? Thinking of Adopting? New to Child Care?
- 10% Happier: Live Sanity Break
- 30 Minute Daily Support and Meditation Group

**Employee Development Live Workshops**
- Taking the Lead: 5 Things Every Supervisor Needs to Know
- How to Create an Inclusive Culture
- 6 Critical Skills for Leading a Team
- Virtual Networking and Geek Out
- Managing a Leave of Absence
- How to Build Resilience for Turbulent Times
- How to Develop a More Agile Workforce
- Understanding Bias to Unleash Potential
- Learning from Feedback Without Losing Your Mind

**Other Resources**
- Managing through the Coronavirus Resources
- Financial Wellness Support
- Fitness Resources
- Family and Caregiver Guides
- Remote Work Guidelines and Support
- Employee Assistance Program - Grief Resources, Counseling & More
- Pet and Positivity Photo Sharing Project