Virtual Resources for August & September

Work/Life Live Workshops
- Virtual Yoga: Energize & Restore
- Collective Healing Begins with Me: How to Respond During a Time of Crisis
- Can We Achieve a Safe Return to School?
- Creative Coping for Older Adults During COVID-19
- Choosing Quality Caregiving Providers
- Home Buying Seminar
- Ask Us Anything About Cyber Security
- Home Buying Seminar Part Two

Employee Development Live Workshops
- Managing a Leave of Absence
- Creating a Culture of Belonging
- Managing Emotions During Difficult Times
- Gender Diversity & Inclusion
- Building Personal Resilience: Optimism
- Building Personal Resilience: Mental Agility
- Negotiation Strategies
- Building Personal Resilience: Self-Regulation
- Workplace Conflict During a Pandemic
- Building Personal Resilience: Connection

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
- Center for Workplace Development Courses