### Virtual Resources for November & December

#### Work/Life Live Workshops
- Virtual Yoga: Energize & Restore
- Mental Health: The Myths and the Realities
- Overview of Updated Flexwork Guidelines for Staff
- Overview of Updated Flexwork Guidelines for Managers
- Balancing Home, Work and the Pandemic
- Staying Resilient While Facing Uncertainty
- Mental Health: Self-Care and Treatment Options

#### Employee Development Workshops
- Addressing Microagressions at Work
- HLC Manager/Supervisor Series
- Understanding Unconscious Bias
- Building Personal Resilience Series
- Email for Action
- The Power of a Positive No

#### Other Resources
- Managing through the Coronavirus Resources
- Financial Wellness Support
- Fitness Resources
- Family and Caregiver Guides
- Remote Work Guidelines and Support
- Employee Assistance Program
- Pet and Positivity Photo Sharing Project