

**HR POWER UP
Employee Wellness**

April 2023 National Stress Awareness Month

LIVE Webinar Schedule

Event	Title	Day	Time
Leadership Webinar	Talking about the “S” Word	Thurs., April 6	12:00 – 1:00 PM
Employee Webinar	Building Resiliency and Managing Stress	Thurs., April 13	10:00 – 11:00 AM
Leadership Webinar	Leading through Crisis	Thurs., April 13	12:00 – 1:30 PM
Leadership Webinar	Sustaining Resilience During Ongoing Exposure to Trauma	Thurs., April 20	12:00 – 1:30 PM
Employee Webinar	Managing the Stress of Change	Fri., April 21	12:00 – 1:00 PM
Employee Webinar	How to Maintain a Positive Mindset	Wed., April 26	12:00 – 1:00 PM
Leadership Webinar	Mental Health – Recognize and Respond: A Session for Managers	Thurs., April 27	12:00 – 1:00 PM