

HR POWER UP
Employee Wellness

April 2023 National Stress Awareness Month

Faculty & Staff LIVE Webinar Schedule

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