



# Resiliency in the Workplace

—during the COVID-19 pandemic —

- Learn coping skills
- Explore daily practices
- Hear about EAP benefits
- Q&A session

1 pm Friday, March 27 — Register [here](#)

11 am Monday, March 30 — Register [here](#)

Live webinars\*

\*Both webinars will be recorded for your convenience

Presented by:



Life today requires new skills and mindsets as we adjust to a changing world: new ways of doing our work; new ways of being in community with others; and new personal space requirements and sanitation practices of our own bodies and physical environments. There is a real threat to our own health and that of our loved ones, of those we serve, and the entire world community. So how do we manage to orient to a framework that's in flux? Tune in to learn practices to adjust your mindset and daily practices to become more resilient in these unsettled times.