

FEBRUARY 2020

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Feb 1 Graduate Student Mental Health Conference</p>	<p>4</p> <p>Free Classical Yoga with Lalit</p> <p>BLOG POST: Highlights from U of G, Let's Talk 🗣️</p>	<p>5</p> <p>Having Difficult Conversations for Leaders</p> <p>Wednesday Walk at the Arboretum</p>	<p>6</p> <p>Recess League (\$)</p> <p>Uncharted Speaking Tour: NHL Player Daniel Carcillo</p>	<p>7</p> <p>ON TOUR: Zavitz Hall</p> <p>Wellness Friday: Helping your Child Succeed at School 🗣️</p> <p>Labyrinth Drop-in</p> <p>Cinq à Sept Social at Brass Taps</p>
<p>10</p> <p>GOAL 2.0 Core Practices Training for Leaders</p> <p>BLOG POST: Behind-the-scenes at the Bovey Greenhouse</p>	<p>11</p> <p>RBC Lunch & Learn: Principles of Successful Investing</p> <p>Free Classical Yoga with Lalit</p>	<p>12</p> <p>GOAL 2.0 Training for Employees</p> <p>Wednesday Walk at the Arboretum</p>	<p>13</p> <p>Coaching and Communicating for Performance #1</p> <p>Recess League (\$)</p>	<p>14</p> <p>Valentine's Day</p> <p>Strengthening Sunlight and Self-Love: A Creative Workshop</p> <p>Labyrinth Drop-in</p> <p>Cinq à Sept Social at Brass Taps</p>
<p>17</p> <p>Family Day</p>	<p>18</p> <p>Wellness@Work Book Club Meeting with author Sue Williams</p> <p>Free Classical Yoga with Lalit</p>	<p>19</p> <p>Applied Suicide Intervention Skills Training (ASIST)</p> <p>Building Resilience: Letting Go and Moving Forward</p> <p>Wednesday Walk at the Arboretum</p>	<p>20</p> <p>Applied Suicide Intervention Skills Training (ASIST)</p> <p>SafeTALK: Suicide Alertness Training</p> <p>Recess League (\$)</p>	<p>21</p> <p>Take your Break: Free hot beverage for employees ☕</p> <p>Wellness Friday: Foundations of Positive Parenting 🗣️</p> <p>Labyrinth Drop-in</p> <p>Cinq à Sept Social at Brass Taps</p>
<p>24</p> <p>WEBINAR: The Edge of Compassion - Staying well while working in high stress environments 🗣️</p> <p>GOAL 2.0 Master Class for Leaders- Feedback and Feedforward</p>	<p>25</p> <p>Wellness@Work Grant Program Information Session</p> <p>Free Classical Yoga with Lalit</p> <p>Women's Mid-Life Sleep Workshop (\$)</p>	<p>26</p> <p>Managing Conflict at Work for Staff</p> <p>Wednesday Walk at the Arboretum</p>	<p>27</p> <p>Women, Work and Wellness</p> <p>Recess League (\$)</p> <p>Stress Eating Workshop (\$)</p> <p>GOAL 2.0 Master Class for Employees- Opening Up</p>	<p>28</p> <p>GOAL 2.0 Core Practices for Training for Leaders</p> <p>Labyrinth Drop-in</p> <p>TRIVIA NIGHT: Faculty & Staff Friday Social 💡</p>