

NOVEMBER 2020

Wellness@Work Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Start the 30 Day Challenge: Daily practices challenging barriers to equity Treaties Recognition Week Decreasing Headaches (\$)	3 Classical Yoga for Total Health and Awareness	4 Cultivating Compassionate Leadership- Why It Matters Now More Than Ever Increasing Resiliency through COVID-19	5 Classical Yoga for Total Health and Awareness	6 Mood Routes Walk
9	10 Beyond the Books: Mental Health Training RBC Financial Wellness: Path to Financial Wellness - Wills & Estate Planning Classical Yoga for Total Health and Awareness	11 Remembrance Day GOAL 2.0 Training for Managers (Foundational Training)	12 Emotional Resiliency and Customer Service Classical Yoga for Total Health and Awareness	13 BLOG POST: World Kindness Day: Be Kind to Yourself and Others Fostering Uncertainty Tolerance Stress Busters Mood Routes Walk
16 How to Lead Through Change in the New Normal	17 Classical Yoga for Total Health and Awareness	18 Navigating COVID-19 with Confidence with Dr. Andrew Papadopoulos	19 Classical Yoga for Total Health and Awareness	20 Mood Routes Walk
23 National Addictions Awareness Week Sexual Violence Prevention	24 Assertiveness in the New Virtual Work World Classical Yoga for Total Health and Awareness	25 GOAL 2.0 Training for Employees (Foundational Training)	26 Tapping into the Power of Employee Appreciation and Recognition During Covid-19 Classical Yoga for Total Health and Awareness	27 DIY Craft Hour The Art of Relaxation Mood Routes Walk
30 Complete the 30 Day Challenge	BLOG POST: WHAT DOES GOAL 2.0. HAVE TO DO WITH WELLNESS?			