

Work/Life Program Calendar



HARVARD
Human Resources

2017-2018

PROGRAM	DATE	TIME	LOCATION	REGISTRATION	
Mindfulness at Work	Introduction to Mindfulness: How the Science and Practice of Awareness Supports Well-Being and Performance	Tues, Oct 17, 2017	12:00-1:00pm	Cambridge 114 Mt. Auburn St., 406	Register online
		Tues, Nov 7, 2017	2:00pm-3:00pm	Cambridge 114 Mt. Auburn St., 406	Register online
	Mindfulness and Compassion	Mon, Oct 23, 2017	12:00-1:00pm	Cambridge 114 Mt. Auburn St., 406	Register online
	Better Listening for Better Conversations Mindful Communication: Speaking and Listening with Awareness	Tues, Nov 21, 2017	12:00-1:00pm	Cambridge 114 Mt. Auburn St., 406	Register online
	Exploring the Practice of Mindfulness (Six Week Course)	Six week course begins: Tues, Nov 7, 2017	12:00-1:pm or 1:30pm (First and last classes are 90 minutes, others are 60)	Cambridge 114 Mt. Auburn St., 406	Register online
Eldercare	A Proactive Approach to Caregiving: Guidance on Planning Ahead	Wed, Nov 8, 2017	12:00pm - 1pm	Cambridge 114 Mt. Auburn St., 406	Register online
	A Proactive Approach to Caregiving - Caught in the Middle: How to Cope as a Member of the Sandwich Generation	Thurs, Mar 8, 2018	12:00pm - 1pm	Cambridge 114 Mt. Auburn St., 406	Register online
College	College Financing Series	Wed, Jun 6, 2018	12:00pm - 1pm	Cambridge 114 Mt. Auburn St., 406	Registration will be open through the Harvard Training Portal in November
	College Financing Series	Wed, Jun 13, 2018	12:00pm - 1pm	Cambridge 114 Mt. Auburn St., 406	
	College Financing Series	Wed, Jun 20, 2018	12:00pm - 1pm	Cambridge 114 Mt. Auburn St., 406	

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