MINDFUL MOVEMENT: YOGA FOR THE (HOME) OFFICE, with Mary Green — every Monday, 10:00 - 11:00 a.m.
Start your week off right with mindful meditation along with some gentle stretching. The stretches and postures taught in this program are designed to improve one’s range of motion by increasing flexibility at the joints, and to aid in relaxing the hips and lower portions of the body to increase one’s ability to sit with ease. Because this practice blends movement in the body with the breath, it is an ideal extension of mindfulness practice. No previous knowledge of yoga is necessary.

MINDFULLY RESOLVING CONFLICTS IN THE WORKPLACE, with Rebecca Wing — Wednesday, March 2, 12:00 - 1:00 p.m.
There’s no way to avoid every conflict in the workplace—personality clashes and differences of opinion are inevitable, even if we’re working towards a common goal. But how do we stop disagreements from spiraling into larger disputes—the kind that produce rifts, instability, and disrupt the ability to get work done? Mindfulness teaches us to grasp the thoughts, feelings, and impulses which influence every interaction—thereby offering an essential tool to build more effective channels of communication; identify the true source of problems; and engage in problem-solving without coming away feeling drained and over-extended. Prerequisite: Intro to Mindfulness or existing mindfulness practice.

THE FUTURE OF WOMEN AND WORK (AND WHY IT’S DIFFERENT THAN YOU THINK), Presented by: Reshma Saujani, hosted by Care@Work — Tuesday, March 8, 12:00 - 1:00 p.m.
As we celebrate International Women’s Day, join Reshma Saujani, CEO of Marshall Plan for Moms and Founder of Girls Who Code in conversation with Care.com CEO Tim Allen. In her newest book, PAY UP, Reshma dismantles the myth of “having it all” and lifts the burden we place on individual women to be primary caregivers, and to work around a system built for and by men. The time has come, she argues, for a sweeping culture shift. Reshma and Tim will discuss how the private sector can lead on innovating and advancing equitable workplaces, as well as share their own experiences of parenting during a pandemic and the many exposed truths of navigating the personal and professional.

MINDFULNESS AND EMOTIONAL INTELLIGENCE, with Paul Fulton — Tuesday, March 15, 12:00 - 1:00 p.m.
Success at work and fulfillment in life may be enhanced when we naturally tap into our emotional intelligence. Self-awareness, the ability to recognize and work with difficult emotions, and the cultivation of empathy for others are all skills critical for high performance in life’s various arenas. Paul leads this course supporting the cultivation of these essential skills. Prerequisite: Intro to Mindfulness or existing mindfulness practice.

COPING WITH FEELINGS OF LOSS AROUND COVID-19, Presented by Gail Parsons, hosted by KGA — Wednesday, March 16, 1:00 – 2:00 p.m.
It has been two years since the pandemic shut down our country. We’ve experienced a lot of loss. Loss of loved ones. Human contact. Safety. Freedom. Stability. Routine. This course will address how (and why) to acknowledge your feelings, strategies to manage them, and how to find meaning in response to this challenging time.

MINDFULNESS AND ANXIETY, with Paul Fulton — Wednesday, March 30, 12:00 - 1:00 p.m.
Occasional anxiety is a natural human experience, but for many people anxiety can become a source of ongoing distress capable of interfering with everyday life. Efforts to avoid anxiety may involve distraction or escapism, but these efforts provide only temporary relief. Mindfulness, on the other hand, offers a pathway to meet the experience of anxiety, and in doing so, restore valued activity rather than allowing ourselves to be dominated by fear and avoidance. In this workshop, Paul will introduce the use of mindfulness as a way to understand and respond to the experience of anxiety. Prerequisite: Intro to Mindfulness or existing mindfulness practice.

These programs are available for free for benefits-eligible faculty and staff only. CLICK HERE FOR FREE TEN PERCENT HAPPIER APP
Click below for registration links on the Office of Work/Life Program Calendar (Harvard Key required).