MINDFUL MOVEMENT: YOGA FOR THE (HOME) OFFICE – MONDAYS, 2/1, 2/8, 2/22: 10:00 – 11:00 AM
Start your week off right with mindful meditation and some stretching led by Mary Green. The gentle stretches and postures taught in this program are designed to increase flexibility at the joints—thereby improving one’s range of motion—and also 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. This course does not require special clothing or equipment.

MANAGING DAILY STRESS – WEDNESDAY, 2/10: 10:00 – 11:00 AM
Everyone experiences stressful days at work, but how we respond to stress makes a significant difference in work performance, the quality of our interactions, and how we feel both physically and mentally. In this program, participants are taught to recognize the early signs of stress as well as the sources of stress. In addition, they will learn how regular mindfulness practice can enable them to respond to stressful situations in a calm, clear, and thoughtful manner. Paul Fulton is leading this thoughtful class and will be back on March 10, 2021 for a follow-up 2.0 of this session.

MINDFUL PARENTING – FRIDAY, 2/12: 10:00 – 11:00 AM (AGES 0-10) 1:00 – 2:00 PM (AGES 11-18)
Bringing mindful attention to our skills as parents increases our capacity to form strong bonds with all the members of the family. This is because the practice of mindfulness cultivates the conditions of openness and receptivity in which communication and emotional connection naturally flourish. In this workshop, participants will learn about becoming more mindful parents as well as more mindful parents, able to navigate the inevitable waves of joy and frustration that accompany every parent’s experience with a greater sense of ease. Zeenat Potia will instruct the morning session focusing on families with younger children. Christine O’Shaughnessy will lead the afternoon session focusing on tweens and teens. Zeenat will be back on March 12, 2021 for a follow-up 2.0 of this session.

SPENDING, SAVINGS AND BUDGETING – TUESDAY, 2/16: 1:00 – 2:00 PM
This KGA workshop is for adults who want to improve their personal finance decision-making skills. The goal is to minimize anxiety and maximize comfort around financial literacy.

PERFECTING YOUR “NO GUILT” NO – WEDNESDAY, 2/17: 12:00 – 1:00 PM
Saying no can be uncomfortable and awkward but it’s absolutely necessary to avoid burnout and help you remain focused on your most important goals. Learning how to say an effective and appropriate "no" is one of the most vital skills for leaders, yet research shows this is one of the most under-utilized tools, especially for women. In this session provided by Care@Work and led by Lisa Abramson, you’ll learn a powerful "saying no" framework and get a "cheat sheet" to make saying no less stressful in the future. After this session, you’ll be able to confidently deliver a firm and appropriate no without the side of guilt. Yes to that!

WORK/LIFE INTEGRATION – WEDNESDAY, 2/24: 11:00 – 12:00 PM
Work-life Integration is about shifting between the various areas of our lives in a more organic way that makes sense for each of us in our particular circumstances. It challenges the notion that work and life are separate. Instead, work-life integration considers your values, accommodating our ever-changing work environment and attending to the important things in our personal lives. Join Katherine McHugh for this interactive webinar provided by KGA.

These programs are available for free for benefits-eligible faculty and staff only.
Click “Register today!” below to be taken to the Office of Work/Life Program Calendar (Harvard Key required) for registration links.

Register today! Find solutions, stay centered, plan to thrive. Make it your Harvard.