MINDFUL MOVEMENT: YOGA FOR THE (HOME) OFFICE, with Mary Starr Green
Every Monday, 9:00 - 9:30 a.m. and every Friday, 12:00 - 12:30 p.m.
Start and end your week 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 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.

MANAGING DIFFICULT EMOTIONS AT WORK, with Christine O’Shaughnessy
Monday, September 12, 3:15 – 4:00 p.m.
Resisting or suppressing difficult emotions does not make them go away; instead, it can lead to increased stress, decreased focus, and the unmistakable feeling of overwhelm. Mindfulness, on the other hand, offers us the ability to recognize and understand our own moods and tendencies. In doing so, we recognize complex emotional states and challenging thoughts when they arise and come to understand why they might have arisen in the first place. This specialized quality of awareness prepares one to move through the world feeling empowered to make wise choices in every situation. Prerequisite: Intro to Mindfulness or existing mindfulness practice.

GENDER EQUALITY IN CAREGIVING: MAKING IT THE NORM, with Kate Mangino, Care.com partner, hosted by Care.com
Tuesday, September 13, 12:00 - 1:00 p.m.
What if we could de-gender care? What if childcare, senior care, and care for the sick were no longer coded by so many as "women's work" but instead were recognized as work shared broadly among all humans? Kate Mangino, author of Equal Partners and gender expert, argues that gender equality in care work is better for everyone. In this webinar, she'll explain why and share tools to facilitate conversation and an equal distribution of care work in your own home. With broad and inclusive definitions of gender identity, roles and family structure, this is a can't-miss conversation for all who care.

INTRODUCTION TO MINDFULNESS (Prerequisite to more advanced courses), with Tara Healey
Tuesday, September 20, 12:00 - 12:45 p.m.
This program introduces the basic principles and practices of mindfulness, a concentrated state of awareness that helps people see and respond to situations with clarity. Individuals and groups who regularly employ the techniques of mindfulness in their work can monitor moment-to-moment effectiveness, respond promptly and appropriately to difficulties as they arise, and remain open to new ideas and perspectives. Participants will be introduced to meditation practices that will teach them how to be more focused, creative, and resilient in all aspects of their lives.

PARENTING IN THE DIGITAL AGE, with Joanie Geltman, KGA partner, hosted by KGA
Wednesday, September 21, 1:00 – 2:00 p.m.
Parenting teenagers is no easy task, especially with the development of technology and social media. Together we will explore the following: how the teenage “emotional brain” gets stimulated by social networking, how the “imaginary audience” influences your teen’s performance on social media, safe and unsafe social media apps, strategies to monitor and set limits around phone and internet use, and how your own behavior with phones and computers can positively and negatively influence your teen.
MINDFULNESS: A BEAUTIFUL RESISTANCE, with Abraham Dejene
Thursday, September 22, 12:00 – 1:00 p.m.
We all face adversity, challenges, and setbacks in our lives, often daily, whether it is dealing with minor frustrations, difficult people, or overwhelming to-do lists. We also recognize that certain groups may experience unique individual and societal stress factors and at times experience more common stress factors differently. This introductory mindfulness workshop – open to both beginners and practitioners who want to refine their practice – introduces embodied practice as a tool to explore practical ways to increase resilience, empower attendees to withstand and learn from challenging circumstances, and even touch joy. The hour-long workshop consists of lectures and discussions to develop strategies for working skillfully with thoughts, emotions, and physical sensations while developing the capacity to enhance mind-body awareness of present-moment experiences. Members of Harvard’s BIPOC community are encouraged to attend.

MANAGING DAILY STRESSES: A MINDFUL APPROACH TO WORK, with Christine O'Shaughnessy
Tuesday, September 27, 9:00 – 9:45 a.m.
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. **Prerequisite: Intro to Mindfulness or existing mindfulness practice.**

EDNAVIGATOR OVERVIEW, with Nelida Garcia
Tuesday, September 27, 12:00 – 12:30 p.m.
EdNavigator provides Harvard University’s employees with educational advisors for all of the students in their lives. Grab your lunch and log in for a brief overview of the services provided, free of charge, to all benefits-eligible faculty and staff. Learn what is available on their website and how to access their app.

KGA OVERVIEW, with Betsy Pratt
Thursday, September 29, 12:00 – 12:30 p.m.
KGA is Harvard University’s employee assistance program. Grab your lunch and log in for a brief overview of the free and confidential services provided to all benefits-eligible faculty and staff and the adults in their households. Learn what is available on their website and how to access their app.

MINDFUL COMMUNICATION: SPEAKING AND LISTENING WITH AWARENESS, with Mary Starr Green
Friday, September 30, 9:00 – 9:45 a.m.
Our daily conversations can become automatic, pressured, and careless. However, with the right mindset, even ordinary interactions become rich territory for effectively expressing our deepest values. Join others to explore ways to see conversation as an opportunity to practice a special kind of attentiveness, transforming our encounters with colleagues into meaningful moments of genuine exchange. **Prerequisite: Intro to Mindfulness or existing mindfulness practice.**