Creating Your Win-Win: What’s Now & What’s Next

Group topic discussion and strategies for being with “what’s now” as we look to “what’s next”

Tune in to learn something new and take advantage of an opportunity to focus on you as you work remotely and do your best to find a new rhythm.

These 45-minute weekly virtual meetings for the UMCES community will engage participants in personal and professional development topics as we gather to share, stretch, and build community. Topics will be tailored to each group and will include topics the group would like to explore. Expect to be an active participant and learn skills to keep you motivated and doing your best during a challenging time.

Each session will include:

- Mindfulness: The basics of mindfulness and simple techniques, including leading the group in short practice and leaving you with something to practice at home
- Professional Development: Topics may include adaptive management, turning your complaints into commitments, taking committed action
- Personal Development: Topics may include working with stressors, stages of transition, difficult thought patterns and emotions.

As something to look forward to, and something to get you through, these meetings will start the week of March 30th. For more information, contact Denise Yost, Director, Graduate Certificate Programs and Extended Learning, at dyost@umces.edu.

Times and weekly recurring Zoom links:

**Graduate students/FRAs - Tuesdays @ 3:30 p.m.**
Join Zoom meeting: [https://zoom.us/j/736442215](https://zoom.us/j/736442215)
Meeting ID: 736 442 215

Phone
1-929-205-6099 / 736442215# US (New York)
1-312-626-6799 / 736442215# US (Chicago)

**Staff/FRAs - Wednesdays @ 12:30 p.m.**
Join Zoom meeting: [https://zoom.us/j/238254703](https://zoom.us/j/238254703)
Meeting ID: 238 254 703

Phone
1-929-205-6099 / 238254703# US (New York)
1-312-626-6799 / 238254703# US (Chicago)
Faculty - Thursdays @3:30 p.m.
Join Zoom meeting: https://zoom.us/j/811668694
Meeting ID: 811 668 694

Phone
1-312-626-6799 / 811668694# US (Chicago)
1-929-205-6099 / 811668694# US (New York)

Please note, if you cannot make a particular time you may join in with another group of your choice.