



## Resilience & Personal Effectiveness Webinars (FY 2022)

All webinars are recorded. To view past webinars, click here:

<https://usdagcc.sharepoint.com/sites/fs-cr-mhw/SitePages/Past-Webinars.aspx>

Date/Time (Eastern)	Title	Description	Logistics
<p>Oct. 21, 2021 (Thurs.)</p> <p>1:00–2:00 pm Eastern</p>	<p><b>Mindful Parenting and Caregiving</b></p>	<p>Join us for a webinar with tips and science-based methods to support parents, caregivers, co-workers, supervisors and managers of employees with caregiving responsibilities as we support one another as a team effort. We are not alone in the pandemic and virtual schooling as we juggle emails, texts, meetings, school, cooking breakfast, lunch, dinner and all the snacks in-between.</p>	<p><b>Adobe Connect:</b> <a href="https://usfs.adobeconnect.com/cr-1000/">https://usfs.adobeconnect.com/cr-1000/</a></p> <p><b>Dial-in:</b> 888-251-2949 or 215-861-0694 <b>Access Code:</b> 9913048#</p>
<p>Nov. 4, 2021 (Thurs.)</p> <p>1:00–2:00 pm Eastern</p>	<p><b>Loneliness</b></p>	<p>Loneliness is hard to see because it doesn't always look like the stereotype of a person sitting alone in a corner. Loneliness can actually manifest in different ways with different people. It can look like irritability and anger, fatigue, reclusiveness, depression, or anxiety. We may attribute these up to other conditions or concerns, however many of these states have their roots (at least partially) in loneliness.</p>	<p><b>Adobe Connect:</b> <a href="https://usfs.adobeconnect.com/cr-1000/">https://usfs.adobeconnect.com/cr-1000/</a></p> <p><b>Dial-in:</b> 888-251-2949 or 215-861-0694 <b>Access Code:</b> 1777006#</p>
<p>Nov. 18, 2021 (Thurs.)</p> <p>1:00–2:00 pm Eastern</p>	<p><b>Gratitude</b></p>	<p>Research on emotion shows that positive emotions wear off quickly. But gratitude makes us appreciate the value of something, and when we appreciate the value of something, we extract more benefits from it. Gratitude allows us to participate more in life. We notice the positives more, and that magnifies the pleasures we get from life. Instead of adapting to goodness, we celebrate goodness. We spend so much time watching things—movies, computer screens, sports—however with gratitude we become greater participants in our lives as opposed to spectators. Join me and dive into living with gratitude.</p>	<p><b>Adobe Connect:</b> <a href="https://usfs.adobeconnect.com/cr-1000/">https://usfs.adobeconnect.com/cr-1000/</a></p> <p><b>Dial-in:</b> 888-251-2949 or 215-861-0694 <b>Access Code:</b> 3739365#</p>

Date/Time (Eastern)	Title	Description	Logistics
Dec. 2, 2021 (Thursday)  1:00– 2:00 pm Eastern	<b>Joy: Tackle Holiday Stress with Mindfulness</b>	A mindfulness approach will support you this time of year. This approach will help bring you joy during the holiday season.	<b>Adobe Connect:</b> <a href="https://usfs.adobeconnect.com/cr-1000/">https://usfs.adobeconnect.com/cr-1000/</a>  <b>Dial-in:</b> 888-251-2949 or 215-861-0694 <b>Access Code:</b> 1420164#
Jan. 27, 2022 (Thurs.)  1:00– 2:00 pm Eastern	<b>Mindful Retirement</b>	How close are you to retirement? “For many, retirement is a time for personal growth, which becomes the path to greater freedom.” ~ Robert Delamontague	<b>Adobe Connect:</b> <a href="https://usfs.adobeconnect.com/cr-1000/">https://usfs.adobeconnect.com/cr-1000/</a>  <b>Dial-in:</b> 888-251-2949 or 215-861-0694 <b>Access Code:</b> 6668254#
Jan. 20, 2022 (Thurs.)  1:00– 2:00 pm Eastern	<b>Purpose</b>	Purpose is not a destination, however a journey and a practice. It changes across our lifetime. This webinar will offer tools to check-in and see where you are in your journey.	<b>Adobe Connect:</b> <a href="https://usfs.adobeconnect.com/cr-1000/">https://usfs.adobeconnect.com/cr-1000/</a>  <b>Dial-in:</b> 888-251-2949 or 215-861-0694 <b>Access Code:</b> 8933737#
Feb. 10, 2022 (Thurs.)  1:00– 2:00 pm Eastern	<b>Self-Compassion to Improve Mindset, Productivity and Ability to Support Self and Others</b>	Compassion is a learned feeling that requires a shift in attention. Learn more about self-compassion which is strongly associated with emotional wellbeing, and increased productivity of yourself and your team.	<b>Adobe Connect:</b> <a href="https://usfs.adobeconnect.com/cr-1000/">https://usfs.adobeconnect.com/cr-1000/</a>  <b>Dial-in:</b> 888-251-2949 or 215-861-0694 <b>Access Code:</b> 5688492#
March 24, 2022 (Thurs.)  1:00– 2:00 pm Eastern	<b>Establishing Trust: Foundation for a Healthy and Productive Work Environment</b>	The more trust that exists in our relationships and the more trusting we are, the happier we are; this leads to a healthy and productive work environment where we can all reach our full potential and accomplish the missions we are set to do for the agency.	<b>Microsoft Teams Meeting</b> <b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a> <b>Or call in (audio only)</b> <a href="tel:+18723955961">+1 872-395-5961</a> , <a href="tel:+1425006350">425006350#</a> United States, Chicago Phone Conference ID: 425 006 350#

Date/Time (Eastern)	Title	Description	Logistics
<p>April 7, 2022 (Thurs.)</p> <p>1:00–2:00 pm Eastern</p>	<p><b>I Work Addiction Syndrome (a.k.a. Workaholism) and how Coaching can Support Us</b></p>	<p>When we overwork ourselves, we neglect our health, relationships, recreation, and purpose. We can find ourselves using work to deal with the uncertainties of life, always thinking of the next task, and often denying ourselves the enjoyment of a balanced and varied life. We lie awake worrying and can over-plan and over-organize to hold onto control. In response, we lose our spontaneity, creativity, and flexibility. Coaching is an option available to all of us that can help us gain a more balanced and varied life. It is a confidential, supportive, non-judgmental, one-on-one process that use questions as guides through a thought-provoking process to get you from where you are, to where you want to be; come join us to learn more.</p>	<p><b>Microsoft Teams Meeting</b>  <b>Join on your computer or mobile app</b>  <a href="#">Click here to join the meeting</a>  <b>Or call in (audio only)</b>  <a href="tel:+18723955961">+1 872-395-5961</a>,<a href="tel:+18723955961">82409192#</a> United States, Chicago  Phone Conference ID: 824 091 92#</p>
<p>April 28, 2022 (Thurs.)</p> <p>1:00– 2:00 pm Eastern</p>	<p><b>Mindful Leadership: Helping You Lead Effectively and Improve Your Team’s Performance</b></p>	<p>Being in service to others is one key to mindful leadership. Leading with self-awareness, compassion, and genuineness will inspire others to be more productive and help us accomplish the important tasking’s we each have under the mission of the agency.</p>	<p><b>Microsoft Teams Meeting</b>  <b>Join on your computer or mobile app</b>  <a href="#">Click here to join the meeting</a>  <b>Or call in (audio only)</b>  <a href="tel:+18723955961">+1 872-395-5961</a>,<a href="tel:+18723955961">696511882#</a> United States, Chicago  Phone Conference ID: 696 511 882#</p>
<p>May 5, 2022 (Thurs.)</p> <p>1:00–2:00 pm Eastern</p>	<p><b>Brain Health Tool Kit: Ensuring Physical, Mental and Emotional Comfort in the Workplace</b></p>	<p>Employment can have a positive impact on brain health. A negative work environment may cause physical and/or brain health concerns. Learn more about mindfulness tools that can help support brain health. This includes the 5 evidence-based actions to ensure wellbeing.</p>	<p><b>Microsoft Teams Meeting</b>  <b>Join on your computer or mobile app</b>  <a href="#">Click here to join the meeting</a>  <b>Or call in (audio only)</b>  <a href="tel:+18723955961">+1 872-395-5961</a>,<a href="tel:+18723955961">336061301#</a> United States, Chicago  Phone Conference ID: 336 061 301#</p>

Date/Time (Eastern)	Title	Description	Logistics
May 19, 2022 (Thurs.)  1:00–2:00 pm Eastern	<b>Mindfulness-Based Stress Reduction &amp; Resiliency &amp; Personal Effectiveness Panel Discussion</b>	Please join us to hear from a panel of federal employees that have participated in the mindfulness-based stress reduction series & resiliency & personal effectiveness offerings. Learn how the classes have supported them professionally and personally. From one participant: <i>“I don’t yet have the words to express how valuable this course was for me, my family, my co-workers and my staff and anyone else who benefits from a more grounded version of myself.”</i>	<b>Microsoft Teams Meeting</b> <b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a> <b>Or call in (audio only)</b> <a href="tel:+18723955961">+1 872-395-5961</a> , <a href="tel:+18723955961">892863710#</a> United States, Chicago Phone Conference ID: 892 863 710#
June 16, 2022 (Thurs.)  1:00– 2:00 pm Eastern	<b>“The Science of Happiness to Excel and Reach Your Full Potential”</b>	Understand why happiness at work matters. Discover how to increase happiness within yourself and across your organization to excel and reach your full potential. Hear more about research-based strategies to help you foster mindfulness, handle stress, and guard against burnout.	<b>Microsoft Teams Meeting</b> <b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a> <b>Or call in (audio only)</b> <a href="tel:+18723955961">+1 872-395-5961</a> , <a href="tel:+18723955961">199770899#</a> United States, Chicago Phone Conference ID: 199 770 899#
June 23, 2022 (Thurs.)  1:00– 2:00 pm Eastern	<b>Imposter Syndrome</b>	Taking a mindful approach to supporting and preparing for the next step in our journeys can help us move smoothly through transitions and embrace what is next. As retirement nears mindfulness can play an important role when “imposter syndrome” can enter our minds and we may compare and believe fellow colleagues’ accomplishments are greater than are own. It allows us to enter our next phase of life in a way that promotes our growth and freedom.	<b>Microsoft Teams Meeting</b> <b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a> <b>Or call in (audio only)</b> <a href="tel:+18723955961">+1 872-395-5961</a> , <a href="tel:+18723955961">94455875#</a> United States, Chicago Phone Conference ID: 944 558 75#
July 14, 2022 (Thurs.)  1:00– 2:00 pm Eastern	<b>“Empathy and Emotional Intelligence: Improving Effectiveness and Productivity”</b>	Learn research-based skills to strengthen empathy and trust, improve collaboration, and create more innovative, productive, and satisfying experiences at work.	<b>Microsoft Teams Meeting</b> <b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a> <b>Or call in (audio only)</b> <a href="tel:+18723955961">+1 872-395-5961</a> , <a href="tel:+18723955961">561161974#</a> United States, Chicago Phone Conference ID: 561 161 974#

Date/Time (Eastern)	Title	Description	Logistics
Aug. 11, 2022 (Thurs.)  1:00 –2:00 pm Eastern	<b>“Restorative Justice: How to Heal, Forgive, and Move Forward in the Workplace”</b>	Learn tools and techniques to forgive, mend relationships and create a healthy and productive work environment. Negativity can hold you and your team back. Using mindfulness and resilience techniques when you’ve been wronged can help you and your team reset, recover, and move forward.	<b>Microsoft Teams Meeting</b> <b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a> <b>Or call in (audio only)</b> <a href="tel:+18723955961">+1 872-395-5961</a> ,, <a href="tel:+18723955961927449767">927449767#</a> United States, Chicago  Phone Conference ID: 927 449 767#
Aug. 25, 2022 (Thurs.)  1:00–2:00 pm Eastern	<b>Noticing Our Response to Our Stressors &amp; Anxiety: Foundation for a Healthy and Productive Response</b>	At times like these, it can be difficult to remain calm and focused. It’s easy to get caught up in fearful or worried thinking about what might happen. Stress and anxiety are a part of life, especially during these times of uncertainty—however they don’t need to control you.	<b>Microsoft Teams Meeting</b> <b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a> <b>Or call in (audio only)</b> <a href="tel:+18723955961">+1 872-395-5961</a> ,, <a href="tel:+18723955961365358930">365358930#</a> United States, Chicago  Phone Conference ID: 365 358 930#
Sept. 8, 2022 (Thurs.)  1:00–2:00 pm Eastern	<b>“Mindfulness Communication: Using Self-Awareness and Emotional Intelligence to Avoid Conflict and Increase Productivity”</b>	This webinar offers tips for responding to conflict with openness and patience. The most important takeaway is having an outlet to work with strong emotions in the heat of the moment instead of acting on urges that might end up creating or intensifying problems. Work with your strong emotions so that you can have more choices over how to respond and what to do next.	<b>Microsoft Teams Meeting</b> <b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a> <b>Or call in (audio only)</b> <a href="tel:+18723955961">+1 872-395-5961</a> ,, <a href="tel:+18723955961217303766">217303766#</a> United States, Chicago  Phone Conference ID: 217 303 766#

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