

EMPLOYEE RESOURCES FOR RESILIENCE

REMAIN #MONARCHSTRONG

MONARCH MICRO MOMENTS

Join Human Resources each week for engaging sessions to discover takeaways and develop tools that focus on personal and professional development.

1 FOUR SIDES OF RESILIENCE: YOUR BODY

May 19 10:00 AM <https://odu.zoom.us/j/92255385850>

Physical resilience is the body's ability to adapt to challenges, maintain stamina and strength, and recover quickly and efficiently. Discover activities that play a role in building physical resilience.

2 STAND OUT: BOOST YOUR PERSONAL BRAND

May 27 10:00 AM <https://odu.zoom.us/j/92255385850>

Today, having a strong personal brand is your new competitive advantage in the business world. Learn how to create your personal brand and stand out from the crowd.

3 FOUR SIDES OF RESILIENCE: YOUR MIND

June 2 10:00 AM <https://odu.zoom.us/j/92255385850>

Increase your mental fortitude and discover how to remain calm and focused during a crisis.

4 SET YOUR GOALS

June 9 10:00 AM <https://odu.zoom.us/j/92255385850>

Setting goals helps enhance new behaviors, guides your focus, and helps you sustain that momentum in life. Discover tips and techniques on setting and achieving goals.

5 FOUR SIDES OF RESILIENCE: YOUR PURPOSE

June 16 10:00 AM <https://odu.zoom.us/j/92255385850>

What's your reason for getting up in the morning? People who have a clear purpose and direction for their lives find it easier to pick themselves up, dust themselves off and keep moving forward. Discover your purpose with a few simple tools.

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6

WORK FROM HOME MORE EFFECTIVELY

June 23 10:00 <https://odu.zoom.us/j/92255385850>

How do you stay focused and productive? And how do you keep your work life separate from your home life? Discover ideas and ways to set yourself up for success.

7

FOUR SIDES OF RESILIENCE: YOUR EMOTIONS

June 30 10:00 AM <https://odu.zoom.us/j/92255385850>

Emotionally resilient people understand what they're feeling and why. Be proactive and discover ways to use both internal and external resources to manage your emotions in a healthy, positive way.

8

BECOME MORE RELEVANT

July 7 10:00 AM <https://odu.zoom.us/j/92255385850>

Join us today to discover 4 ways to become more relevant.

9

USE RESILIENCE TO REFRAME: TAKE BACK YOUR POWER

July 14 10:00 AM <https://odu.zoom.us/j/92255385850>

Reframing is a technique that helps change the way we view events so that we may experience them more positively and find positive alternatives. Put everything you have learned about resilience into action.

10

IMPROVE YOUR SOFT SKILLS DURING THE PANDEMIC

July 21 10:00 AM <https://odu.zoom.us/j/92255385850>

Applying soft skills in such hard and challenging time is paramount in overcoming the challenges of COVID-19. Discover how to improve skills that will maintain your health and performance.