

Mind + Body + Soul

Virtual series

Focusing on **YOU** and your self-care.



Control What You Can: A Mindset Shift to Adapt to Change

Thursday, April 23, 2020 | 12:00 PM to 1:15 PM

Virtual Meeting via GoToWebinar

In this web-based presentation, you and your workforce will:

- Assess your level of adaptability using the Adaptability Quotient (AQ)
- Gain knowledge of the 8 dimensions of adaptive performance
- Learn a mindset shift strategy utilizing Solution-Focused Brief Therapy
- Discover practical solutions to adapt to universal life stressors

Click **HERE** to register.



Lequita Brooks, MSW, LCSW

*This activity has been <u>submitted</u> for one (1) Professional Development Credit (PDC) by SHRM and one (1) HR (General) credit with the HR Certification Institute.

Event sponsor:



Panel Discussion: Fit Body? Fit Mind? What Motivates You in Times of Uncertainty?

Thursday, May 7, 2020 | 12:00 PM to 1:15 PM

Virtual Meeting via Zoom

In this interactive panel exchange, we will discuss and share tips on:

- How to stay happy, healthy and engaged by sticking to a regular routine
- How do you stay physically healthy when the gym is closed?
- Should your expectations be different?
- Is your work from home space working for you?
- Share your success tips

Click <u>HERE</u> to register.



Giselle Carson, Panel Moderator

Event sponsor: MarksGray

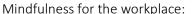
*This activity has been <u>submitted</u> for one (1) Professional Development Credit (PDC) by SHRM and one (1) HR (General) credit with the HR Certification Institute.

Mindfulness for the Workplace

Thursday, May 21, 2020 | 12:00 PM to 1:15 PM

Virtual Meeting via Zoom

Liam Gillen



- How chronic stress affects us personally, mentally, physically and emotionally
- Tips and tools to maintain calm, clear focus during pandemic/work from home
- Dive into a virtual deep, relaxing experience with the team at The Mindfulness
- Gain practical knowledge and experience incorporating mindfulness into daily life.

Click <u>HERE</u> to register.



Deb Cunningham

Click HEPE to register

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*2020 Event Calendar

The Future of HR is here.



HR Professionals · Business Leaders · Small Business Owners

Opening Keynote:

Elizabeth McCormick

Former U.S. Army Blackhawk Helicopter Pilot





Closing Keynote: Annie Meehan

Keynote Speaker and Awardwinning Author

OCT 28-30 2020

Hyatt Regency Jacksonville Riverfront 225 E. Coastline Drive Jacksonville, Florida 32202 For more information: www.shrmjacksonvilleconference.org Questions: hrconference@shrmjax.org





www.shrmjacksonvilleconference.org

April 23, 2020

GoToWebinar



Virtual Meeting, 12:00 PM Zoom Meeting

May 21, 2020

Virtual Meeting, 12:00 PM Zoom Meeting

June 4, 2020

Chapter Meeting, 11:30 AM Maggiano's Little Italy

July 9, 2020

Mid-Year Legal Update Chapter Meeting, 7:30 AM UNF Adam W. Herbert University Center

August 20, 2020

Chapter Meeting, 11:30 AM

September 10, 2020

Chapter Meeting, 7:30 AM Maggiano's Little Italy

September 25, 2020

8th Annual Supervisor Training, UNF Adam W. Herbert University Center

October 8, 2020

Chapter Meeting, 7:30 AM UNF Adam W. Herbert University Center

October 28-30, 2020

12th Annual Conference "The 2020 Experience" Hyatt Regency Jacksonville Riverfront

November 5, 2020

Chapter Meeting, 7:30 AM Maggiano's Little Italy

December 3, 2020

Legal Update, 7:30 AM UNF Adam W. Herbert University Center

Virtual Meeting, 12:00 PM

May 7, 2020



Founda





*Please Note:

Meeting dates, times and locations are subject to change.

Please visit www.shrmjax.org for details and to register for events.

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