



SHRM Jacksonville presents Mind + Body + Soul

Virtual series

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



MIND



Lequita Brooks, MSW, LCSW

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.

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

Event sponsor: **COMMUNITY FIRST**
Credit Union Love Where You Bank

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 [HERE](#) to register.



Giselle Carson,
Panel Moderator

Event sponsor:  **MarksGray**

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

BODY

SOUL



Liam
Gillen



Deb
Cunningham

Mindfulness for the Workplace

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

Virtual Meeting via Zoom

Mindfulness for the workplace:

- 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 Effect
- Gain practical knowledge and experience incorporating mindfulness into daily life.

Click [HERE](#) to register.

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

Event sponsor:  **The Mindfulness EFFECT**

The Future of HR is *here*.

SHRM Jacksonville
12th Annual Conference

the 2020 Experience

#SHRMJax20

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 Award-
winning 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

Virtual Meeting, 12:00 PM
GoToWebinar

May 7, 2020

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
TBD

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



*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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