UVM Employee Wellbeing Workshop Series

A partnership with INVEST EAP, choose from a variety of workshops to learn, explore, and focus on you.

REMINDER

Tuesday, April 5 @ 3:00pm

Your Powerful Mind and Self-Talk

Join us during this encouraging presentation to bring awareness to your thoughts, feelings, and behaviors. In this workshop we will get curious, focus on the power of our thoughts and our feelings, and hear how they impact our day-to-day lives (and how we can shift into a more positive internal dialogue.)

Register Here

Registration open until the event begins

Questions? employeewellness@uvm.edu  More Information on additional workshops – www.uvm.edu/hrs/wellness