Promoting Health and Well-Being at FAS

We recognize that today’s world can create anxiety and stress and that the pressures of the larger world affect us and our environment. It is important to make our work environment as healthy as possible and to equip ourselves to effectively navigate these challenges. This program aims to help FAS staff cope with stress as a way to maximize resilience and to foster a healthy FAS workplace.

**Time:** 12:00 - 1:30pm  
**Location:** Forum Room, Lamont Library

All FAS staff are invited to register and attend. Bring your lunch; coffee and light refreshments will be provided.

### Personal Well-Being

**Resilience Through Mind/Body**  
**Presenter:** Lisa Howe, Stress Management and Resiliency Trainer  
- **October 5, 2017**  
- **March 7, 2018**

**Maximizing Psychological Safety**  
**Presenter:** Gary Cormier, FAS Director of HR Consulting  
- **November 1, 2017**  
- **April 5, 2018**

### Healthy FAS Environment

**Resolving Conflict**  
**Presenter:** Matt Mirisola, Human Resources Training Consultant  
- **December 13, 2017**  
  - **June 7, 2018**

**Empowering Bystanders: Fostering Workplace Civility**  
**Presenter:** Gary Cormier, FAS Director of HR Consulting  
- **February 1, 2018**  
  - **June 27, 2018**

Register now at:  
hr.fas.harvard.edu/wellness