

YOU ARE INVITED TO

LIVING YOUR BEST
WORK LIFE

VIRTUAL WELLNESS
SERIES

11:30 AM – 1:00 PM

REGISTER VIA OURDAY



Facilitated by: Tenelle O. Jones, LMFT, LAC

Human Services Coordinator, MUSC Resiliency
Program, Dept. of Psychiatry & Behavioral Sciences

Session Topics

12/12 Creating Work-Life Harmony

1/9 Self-Care; It's not Just a Theory

2/13 Becoming Grounded and Mindful

3/13 Power of Self-Acceptance

4/10 Building Confidence and Leadership

5/8 Cultivating Joy, Compassion & Gratitude

Women, uniquely take on the role of a caretaker
or a giver in their personal lives and
professionally- always looking after others and
rarely prioritizing yourself.

This series is designed to give you the space and
time to reconnect, rejuvenate and build
individual resilience to live your best work life.

Proudly hosted by the Department of
Diversity, Equity and Inclusion

Participants will receive 1.5 DEI Hours for each session.