

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.

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Proudly hosted by the Department of  
Diversity, Equity and Inclusion

Participants will receive 1.5 DEI Hours for each session.