Faculty-Staff Enrichment Day: Register Today!

Register now for Faculty-Staff Enrichment Day on December 4!

A keynote speaker, lunchtime speaker, and breakout sessions throughout the day will provide tools to help Mason’s faculty and staff grow their capacity to be more “Adaptable, Flexible, and Resilient.”

Through hands-on and reflective sessions, learn how to cope and grow in challenging situations, how your values and community can help you thrive, and how you can train your brain to be more resilient.

At the end of the day, participants are invited to enjoy coffee and connections with their fellow faculty and staff as they choose from a selection of reflective and active opportunities to apply and synthesize the day’s learning.

For a list of the day’s sessions and their descriptions, and to register, visit https://hr.gmu.edu/learning/fsed/.

For more information, see the attached flyer and follow on Twitter @MasonFSED.
questions, please contact hrlearn@gmu.edu.

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