



DEVELOP SKILLS WHILE BUILDING COMMUNITY!

PRODUCTIVITY & WELL-BEING ACCOUNTABILITY GROUP

**Each module consists of two 30-minute sessions, held one week apart.
Attend the whole program or pick & choose individual modules.**

Module 1: Program Intro & Growth Mindset Part 1

Friday Sept 25 & Friday Oct 2 from 10-10:30 am

Module 2: Prioritizing Tasks and Planning Your Day

Friday Oct 9 & Friday Oct 16 from 10-10:30 am

Module 3: Maintaining Healthy Habits

Friday Oct 23 & Friday Oct 30 from 10-10:30 am

Module 4: Identifying Your Strengths and Self-Care Assessment

Friday Nov 6 & Friday Nov 13 from 10-10:30 am

Module 5: Email and Meeting Best Practices

Friday Nov 20 & Friday Dec 4 from 10-10:30 am

Module 6: Growth Mindset Part 2 & Keeping it all going!

Friday Dec 11 & Friday Dec 18 from 10-10:30 am

Click [HERE](#) to view module descriptions & register