

Subject: Re: Reminder to Register Now and View the Workshops and Resources in January!
Date: Friday, January 8, 2021 at 9:20:42 AM Eastern Standard Time
From: List of all HMS Staff on behalf of Office of Employee Development and Wellness
To: HMS-_staff
Attachments: image001.jpg

Hi All,

Apologies for the additional email.

We have learned that the Implicit Bias session mentioned in our original email below - “Blindspot: Hidden Biases of Good People” - has been rescheduled **to Thursday, January 21, 2021 from 3-5pm**. You may [register here](#) for the seminar – please note this is a new registration link. The old link will not work to register for this new date. Please let us know if you have any questions!

Best,
 Office of Employee Development and Wellness

From: Office of Employee Development and Wellness
Sent: Wednesday, January 6, 2021 9:39 AM
To: HMS_STAFF@LISTSERV.MED.HARVARD.EDU
Subject: Reminder to Register Now and View the Workshops and Resources in January!

Dear Colleagues,

As we return from the winter recess and begin a new year, we encourage you to take time for your development and wellness by registering for the workshops in January and viewing the additional resources:

Live Workshops		
Date	Time	Title
Wednesdays, 1/13, 1/20, 1/27	12:00 - 1:00 PM	Yoga: Energize & Restore
Wednesday, 1/13	2:00 - 3:00 PM	Caring for Yourself and Caring for Others
Thursday, 1/14	4:00 - 5:00 PM	HLC Community Social
Wednesday, 1/20	10:00 AM - 12:00 PM	Building Personal Resilience: Mental Agility
Thursday, 1/21	10:00 - 11:30 AM	Navigating Change
Tuesdays, 1/26, 2/3 and 2/9	10:00 - 11:30 AM	Mindfulness in Action: Communication and Learning during Challenging Times
Wednesday, 1/27	10:00 AM - 12:00 PM	Addressing Microaggressions at Work
Wednesday, 1/27	1:30 - 3:00 PM	Home Buying Seminar

Additional Resources:

Implicit Bias Session Now Open to Harvard Community

[Mahzarin Banaji](#) Cabot Professor of Social Ethics in the Department of Psychology, Senior Advisor

[Elizabeth Dunn](#), Guest Professor of Social Ethics in the Department of Psychology, Senior Advisor to the Provost, and one of the country's leading experimental social psychologists on the enduring evidence of "implicit bias," is hosting a live session titled "Blindspot: Hidden Biases of Good People" on Wednesday, January 20, 2021, from 1:00 -3:00pm for the wider Harvard community of faculty, staff, students, postdoctoral fellows, trainees, and others. Members of the Harvard community may [register here](#) for the seminar which will be a 90-minute presentation followed by 30 minutes of Q&A.

Independent Contract Policy Training - Now Available (Web-Based and Instructor-Led Options)

Employees can now take a web-based training giving an overview of the Independent Contractor Policy, which highlights university policies and provides guidance and clarification on roles and when/how to classify an individual as an employee versus an independent contractor. The course can be found at the [Independent Contractor Overview Web-Based Course](#) page and can be completed as a self-paced module.

Alternatively, individuals can take a live virtual workshop session led by policy experts that will expand on the training materials offered in the web module and offer real-time Q&A to help hiring departments, Human Resources and Finance Offices properly classify and pay these individuals. Sessions are available on 1/12 from 2:00-3:30 and 1/20 from 3:00-4:30. Please register at the [Revised Independent Contractor Training](#) page.

HLC Community Social

Are you interested in engaging in meaningful and enjoyable conversations with others? Do you want to build relationships with folks across the Longwood campus? Join us for an opportunity to connect, laugh, and get real. During this social, you'll have lots of opportunities to breakout into pairs and small groups to share in a more comfortable setting. We'll be providing you with fun prompts to kick off your discussion and keep it engaging. Come with your beverage of choice (yes, an alcoholic beverage is welcome!) and be prepared to have some fun! [Registration for Community Social.](#)

HUECU Increasing Financial Education

The HUECU personal finance education tools and commitment continues to expand! In 2021, they are launching dozens of on-demand videos, increasing the number of HUECU scholarship recipients and adding Spanish resources. View the full article at [The HUECU Newsletter.](#)

Staying Active During COVID-19

With the new year, and the ongoing pandemic, the ability to stay active is both increasingly important and simultaneously still difficult to achieve. As such, we wanted to remind the community that there is a curated list of free workout resources and activity suggestions to help you achieve any physical movement goals you may have for 2021. Please visit the [Staying Active During the Pandemic](#) webpage for more information.

Sincerely,

Office of Employee Development and Wellness



COVID-19 Resources - please check regularly as changes will be posted

Workplace Policies- <https://hr.harvard.edu/corona-virus-workplace-policies>

Employee health plan enhancements- <https://hr.harvard.edu/medical>

Remote work resources- <https://hr.harvard.edu/flexwork/corona-virus-remote-work-resources>

Managing stress, resilience and more... <https://hlc.harvard.edu/managing-through-corona-virus/>