

# RESILIENCE IN CHALLENGING TIMES

## SELF-CARE IN SMALL ACTS

Employees and leaders are struggling to stay grounded, engaged, and focused during these challenging times. With lines becoming increasingly blurred between work and home, people are working longer hours with more distractions, and are finding it difficult to take care of themselves. Many employees feel guilty taking time for themselves, or simply don't know how to establish a self-care routine. Yet without one, productivity, innovation, and collaboration are all at risk of decreasing as stress levels, and even burnout, continue to increase.

# 70%

of employees say that the COVID pandemic is the most stressful time in their entire career.

(AJMC)

## ENABLE YOUR PEOPLE TO TAKE ON SELF-CARE

It's possible during these challenging times to take actions that will reduce stress levels. At The People Piece we offer practical, accessible programs for individuals, teams, and entire organizations.



### SELF-CARE WEBINAR

*Own Your Self-Care*

Employees, Managers and Directors are inspired to adopt a self care mindset and learn practical techniques for how to take care of themselves and work effectively from home. Managers and Directors also learn how to encourage self care among their reports. Directors learn how to develop their organizations to promote self care instead of burnout.

60-MINUTE ZOOM

### SELF-CARE TOOLKIT

*Practical Tools to Support You*

2-page digital toolkit featuring self care best practices and a format to create a self-care plan. Managers and Directors receive additional content.

DIGITAL ASSET

### SELF-CARE WORKSHOPS

*Removing Blockers*

Continue to unpack personal blockers to self care and create a personalized self-care plan, including mechanisms for accountability. Up to 12 participants per session.

90-MINUTE ZOOM, BREAKOUTS

### GROUP COACHING

*Grow as a Team*

Following workshops, participants can sign up for 45-minute group coaching sessions to continue their own accountability. Up to 6 participants per session.

45-MINUTE ZOOM