From within our MIT Community:

As always, don’t forget to take care of yourself! Take advantage of MIT’s support resources that is available to you and your family members:

- **MyLife Services** provides 24/7 access to a network of experts who are available to help with life concerns.

- From the **MIT Center for WorkLife and WellBeing**: In collaboration with the African, Black, American, Caribbean Employee Resource Group, comes a quarterly workshop series “BIPOC Employee Burnout: Caring for Yourself Amidst Racial Tension.” Session One occurred on April 14; Session Two coming up on **July 28** from 12-1:30 PM.

- **MIT Community Wellness** has developed wellness videos and virtual classes, most at no cost, to support mind and body wellness and to help the community manage stress, develop routine, and create connection.
  - View their offerings to support body, family, and mind during this stressful time.
  - Virtual **Koru Mindfulness** sessions throughout June and July: Mondays in June from 12-1:15pm and Tuesdays in July from 3:30-4:45pm.

More from the MIT Center for Worklife and Wellbeing...

**New Ways of Working: Coping and Adapting to Change (for All Employees)**

As a collective workforce, we have experienced an unprecedented trauma from the Covid-19 pandemic. Although there is light at the end of the tunnel, there still remains uncertainty as we explore and shape the future of work. While there may be a mix of both excitement and hesitation about the prospect of being together again, it is important to acknowledge that each one of us has different comfort levels with the situation. This workshop will help attendees:

- Avoid dwelling on future unknowns;
- Manage stress related to new work arrangements; and
- Engage in calmer, more productive thinking patterns and behaviors.

**Wednesday, August 11, 2021 | 12:00 – 1:30 p.m.** Register [here](#).

**New Ways of Working: Fostering a Supportive Workplace Culture (for Managers)**

Managers have experienced a unique set of work challenges and opportunities during the Covid-19 pandemic. This workshop will provide a toolkit for the evolving leadership needs related to effective management and culture building during a transition to new work arrangements.

**Thursday, August 12, 2021 | 12:00 – 1:30 p.m.** Register [here](#).
Opportunities to Learn & Grow

Then, check out Virtual Workshops from the MIT Central HR team in the upcoming months!

- Appreciation, Positivity, and the Way Forward | July 30
- Standing Up Instead of Standing By | August 18
- Time Management for the Remote Worker | August 19
- Adapting to Change | August 24
- Appreciation, Positivity, and the Way Forward | July 30
- Feedback Using the CBIN Model | Self-paced
- Navigating Change with Strategic Agility | Self-paced
- Psychological Safety to Build Inclusive, Productive Cultures | Self-paced

Management Development Opportunities

- MIT’s Monthly Managers’ Roundtable:
  The next two Roundtables will focus on: Preparing for the Return to Campus on August 13 (1 – 2:30 PM): Preparing for the Return to Campus. Visit the Atlas Learning Center to register.

- Essentials of Managing Training Group:
  If you want to explore virtual learning experiences critical to managing employees at MIT, this group is open to managers at all levels and ranges of experience. Rolling admissions and flexible dates are now available. Request to join

- Managing Teams in Remote or Hybrid Mode
  Articles and resources on successfully managing your remote or hybrid team

- Leading Remotely (Atlas self-paced learning bundle)
  Leading a remote team is in many ways no different than leading a co-located team. The difference is not so much what you do but how you do it. Leveraging technology, remote leaders must be especially attentive to the communication, coaching, goal setting, and feedback (both giving and receiving) aspects of leadership. They must also recognize the effects of distance on a team and work intentionally to build and maintain trust and strong interpersonal relationships across the team. Fortunately, for new remote leaders, there are well-tested models and best practices for being an effective remote leader. The resources below provide guidance, tips, and insights that will help you lead at a distance
**Free Online Learning Tools**

**Upcoming programs and webinars from Abroad:**

**Bravely Daily Moments from Bravely:** Five-week program delivering “Tools to Thrive” at work: balance, resilience, agility, vulnerability and emotional intelligence. Sign up [here](#).

**Free Online Resilience Program** from Goleman EI and Everwise: 5-day program providing education and tools to overcome a variety of challenges

**Kirwan Institute – Implicit Bias Module Series**

**Webinars** from the NeuroLeadership Institute:

- Wellbeing Essentials – What you Need to Know as a leader and coach – Weds Aug 4 at 12 PM
- How to Build Effective Listening Sessions
- The Neuroscience of De-escalation

**Additional Learning Resources (on-demand, self-paced):**

**Alison:** Courses in business, technology, health and language learning courses

- Communication Skills - Perception and Non-Verbal communication
- Develop your Emotional Intelligence

**Coursera:** Best online professional development platform for course variety

- Diversity and inclusion in the Workplace
- Effective Problem-Solving and Decision-Making
- Gender and Sexuality: Diversity and Inclusion in the Workplace
- Giving Helpful Feedback
- High-Impact Business Writing
- High Performance Collaboration: Leadership, Teamwork, and Negotiation
- Inspiring Leadership through Emotional Intelligence
- Leadership and Emotional Intelligence
- Leading for Equity, Diversity and Inclusion in Higher Education
- Leading Transformations: Manage Change
- Optimizing Diversity on Teams
- Successful Negotiation: Essential Strategies and Skills
edX: Courses in humanities, math and computer science

- Becoming a Successful Leader
- Communicating Strategically
- Empathy and Emotional Intelligence at Work
- Existential Well-being Counseling: A Person-centered Experiential Approach
- Leading with Effective Communication

Future Learn: Numerous free courses on business-related programs; students are able to communicate with each other to enhance the experience

- Communication and Interpersonal Skills at Work
- Emotional Intelligence at Work
- People Management Skills
- Understanding Diversity and Inclusion

LinkedIn Learning: Access courses, books and videos tailored for the MIT community.

- Developing your Emotional Intelligence
- Giving and Receiving Feedback
- Having Difficult Conversations
- Negotiation Skills

SkillShare: Best online professional development platform for courses in creative fields

- Modern Leadership: Give & Get Honest Feedback at Work
- Powerful storytelling Today: Strategies for Crafting Great Content