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| Image result for workforce wellness wednesdays |
| workforce and wellness wednesdaysYOUNG ADULT LEARNING CENTERWorkforce Development and Social Emotional Learning Department*Wellness Workshops: Every 1st & 3rd Wednesday* *Workforce Workshops: Every 2nd & 4th Wednesday***Some topics Include:*** Self-awareness and Career Assessment (i.e. emotion, thought, and mood identification, and career exploration)
* Self-management and Work Life Balance (i.e. mood regulation, behavior management, and goal setting)
* Social awareness, and Social media and Labor Market Research (i.e. understanding diversity, and empathy building)
* Communication skills and Relationship Building (i.e. healthy relationships)
* Positive decision-making (i.e. problem solving)

***“Success is liking yourself, liking what you do, and liking how you do it.”*** **~Dr. Maya Angelou*****Morning Session: 11:00-12:00 Afternoon Session: 2:00-3:00*** |
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| are you ready to start your career?how do you handle challenges in your life and at work?do you have the tools to build a better you? |
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| For more information contact:Vanessa Banks, Social Worker, Room 05 |

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