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| |  | | --- | | Image result for workforce wellness wednesdays | | workforce and wellness wednesdays  YOUNG ADULT LEARNING CENTER Workforce 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*** | | r | |  | |  | |  | | --- | | 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? | |  | | For more information contact: Vanessa Banks, Social Worker, Room 05 | |

