



The Jersey Shore Association for Human Resources December Webinar

Why Do I Need to Push Pause? And Other Curious Questions About Wellness

Presented by **Lauren Yellin Weinberg, MS, NBC-HWC**



What does it mean to live a healthy, happy life during a pandemic; and why even try?

2020 has challenged our resilience, increased stress, and brought our health into sharp focus. We all experienced the direct effects of working remotely or have had to juggle obligations in new and challenging ways. Has this reality motivated you to improve healthy habits or have you thrown in the towel? Join us for a motivating, interactive workshop about living well in **body, mind and spirit**; and staying engaged, happy, and productive in your personal and professional life. **What are you doing to pause and recharge?**

By attending this session, participants will be gain clarity and learn best practices to:

- Recognize the signs of stress and burnout in oneself or others and understand the mitigating factors that can lead to employee dysfunction and disengagement
- Create a personal plan of proactive wellness by defining what matters most about staying well; and how to begin to engage in healthy activities or expand one's wellness repertoire
- Understand how the organization can support employee engagement, productivity, and retention through supporting personal wellness during this crisis and beyond

About the Speaker:

Lauren Yellin Weinberg refers to herself as a *life architect* because she partners with busy professionals to design a life that integrates their needs with life's challenging demands. As a wellness coach with a background as a psychologist and family therapist, she recognizes the power of healthy habits to fuel both personal and business success. Contact Lauren through lastingchangewellness.com.

This session may be recorded. Video, images and voice recordings may be taken during the session and shown at this and other JSAHR Chapter meetings. By entering the meeting, you are consenting to such use. If you object to the use of your image or voice, do not enter the meeting; please contact Christine Higgins @ 732-701-7155.



Thursday, December 10, 2020

8:45 a.m. – 10:00 a.m.

R.S.V.P. by **9:00 a.m.** on
Wednesday, December 9, 2020

online at:

<http://jsahr.shrm.org/events>

or admin@jsahr.org

or call JSAHR at 732-701-7155

Registration Fees

During this challenging time JSAHR is offering this session complimentary.

If you would like to make a donation to the SHRM Foundation before December 10, 2020, you will be entered in a drawing for a chance to win a gift basket from Suzi's Sweet Shoppe or a ticket to our virtual Wine & Cheese Pairing Event on December 17, 2020.

Click [HERE](#) to make your donation.

Mission

Mobilizing the power of HR and the generosity of donors to lead positive social change impacting work, workers and the workplace.

Special Notice

This program is pending approval for 1.0 SHRM PDC recertification credit and 1.0 HRCI General recertification credit.

JSAHR is recognized by SHRM to offer Professional Development Credits (PDCs) for the SHRM-CP or SHRM-SCP.