“Self-Care for Personal and Professional Success”
March 3, 2021

Resources

Webinar Material

- PowerPoint Slides
- Self-Care Assessment
- Community Programs at University of Colorado Helen and Arthur E. Johnson Depression Center (programs offered for groups 20 or larger)
- Presenter Bio

CUPA-HR Knowledge Center Toolkits

Benefits:

- Health and Well-Being
- Non-Insurance Benefits

DE&I / Employee Relations:

- Mental Health

Other CUPA-HR Resources

- Mental Health in the Time of COVID-19 – A CUPA-HR Podcast
- Essentials Video - Workplace Well-Being
It’s a Marathon, Not a Sprint — One HR Professional’s Reflections on COVID-19 Burnout, Financial Anxiety, and the Need for a Really Long Nap

Sponsor Material from Cornerstone OnDemand

- Cornerstone OnDemand Higher Education Overview
- Diversity & Inclusion
- How to Build Resilient Learning Strategies for Higher Education
- Using Technology to Drive Diversity: How Compliance Training Tools Help Higher Ed Create More Inclusive Institutions