

# CONNECT, REFLECT AND RECHARGE: A TIME TO EXHALE

Professional Development Online Seminar Series (Wellness and Leadership)

Ms Lorie Campbell and Ms Verna MacDonald



December 7<sup>th</sup>, 2021

**1200-1400 hrs**

During this seminar participants will:

- Learn about the importance of connecting and reflecting on shared experiences as a way to remain hopeful and inspired to keep moving forward in the face of the pandemic.
- Learn and experience the four step empowerment process called Active Hope.
- Learn the difference between active hope and passive hope.
- Gain resources to support them to work with teams who may feel disconnected and hopeless.

To access webinar: [Join meeting here through MS Teams](#) (We recommend using the app, Google Chrome or Microsoft Edge)

Or visit the CPD Faculty Development website for link.

Or contact [FacDev@Dal.Ca](mailto:FacDev@Dal.Ca)

We highly recommend logging in *15 minutes* before the start time.

Who should attend? Faculty and staff interested in their own wellness.