

CAS STAFF COUNCIL PRESENTS

# “Well-being: The Nine-Dimensional Balancing Act”

**TUESDAY, OCTOBER 13**

Happy and engaged staff members have a huge impact on student learning whether it be in person or remotely. The COVID-19 pandemic challenges resilience and well-being for all of us. Come prepared to learn about the nine dimensions of well-being and how small changes in one dimension can pull other dimensions along in a positive way even during a pandemic. This remote presentation will present approaches that support your well-being focused on positivity, resilience, gratitude, and connections.

11 A.M. - NOON

[ZOOM](#)



**FEATURED  
SPEAKER**

**Connie  
Boehm**

**DIRECTOR, BIG RED  
RESILIENCE & WELL-BEING**



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