

THE OFFICE OF EQUITY PRESENTS THE
2024 MEN'S RESILIENCE SERIES

Being strong and tough is good, but men can be - and are - much more than that. Men don't often think about self-care or resilience for themselves. Self-care activities help keep us strong and flexible, even when life's road has some unexpected detours and potholes.

This series is designed to give you the space and time to reconnect, rejuvenate and build individual resilience to live your best work life.

Facilitated by:
FRANK HARRIS, MDIV

Attendees will be eligible for 1.5hrs of Inclusive Excellence Education credit per session.

Register in OurDay!



Thursday,
May 23, 2024
11:30a-1:00p

Discovering Your Problem Solving Style and Listening to What Your Mind, Body, and Emotions Are Telling You



Thursday,
June 6, 2024
11:30a-1:00p

Putting the Problem into Perspective



Thursday,
June 20, 2024
11:30a-1:00p

Developing Your Blueprint

Email diversity@musc.edu for more information

