



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

Women, uniquely take on the role of a caretaker or a giver in their personal lives and professionally- always looking after others and rarely prioritizing yourself.

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

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

FACILITATED BY:
TENELLE O. JONES, LMFT, LAC
MUSC RESILEINCY PROGRAM



MON, JAN 8th | Purpose Goal Setting



MON, FEB 12th | Grounded & Mindful



MON, MAR 11th | Grit & Resiliency



MON, APR 8th | Self-Compassion



MON, MAY 13th | Staying Connected to Joy

Register in OurDay!