

# Faculty Wellbeing and Wellness Spring 2022



## About the Faculty Wellbeing and Wellness Program

Life as a faculty member can be challenging, even under the best of circumstances.

We're here to support you.

The **Office of the Provost** is offering wellbeing and wellness resources to help you stay energized and thrive, even during these challenging times.

Space is limited, so sign up now!

## Roadmap to Resilience: Virtual Two-Part Faculty Workshop

**When:** Friday, March 4 (3:00 – 5:00 pm) and March 18, 2022, (3:00 - 4:00 PM, during spring break) on Zoom (registration required)

**What:** Stress on the horizon? Help is here. In this two-part workshop, foster your energy, inspiration, and mojo that will help buoy you during challenging times. You will learn about the nature of stress and acquire tools and resources that will keep you on a steady course. The Foundation for Family and Community Healing's Happiness 101 learning module will be provided to those who complete both parts of the workshop.

**How:** [Register here](#). Enrollment limited to 20.

## Virtual Faculty Discussion Circles

**What:** The Faculty Discussion Circle provides a small, informal group setting for a facilitated discussion to share your experiences, ideas, and solutions to challenges in academic life. Topics vary in each session, and include work-life balance, difficult people, setting boundaries, and healthy relationships. Sign up for one or more sessions using the link below.

**When:** Biweekly, Fridays at 3:00-4:00 pm, February 11-May 6 on Zoom (registration required)

**How:** [Register here](#). Per session enrollment limited to 12.

## Meet Your Facilitator

We're pleased to introduce Dr. Susanna Wu-Pong Calvert, MAPP, PhD, seasoned faculty member, leadership and career development professional, applied positive psychology practitioner, and Founder and Executive Director of the Foundation for Family and Community Healing in Richmond VA. She is an experienced coach, trainer, entrepreneur, speaker, and visionary leader with a passion for creating wellbeing and vibrant relationships across campuses and communities.



Learn more about Susanna and her work at [www.HealingEdu.org](http://www.HealingEdu.org) or [www.SusannaCalvert.com](http://www.SusannaCalvert.com).

**Any questions?** Email Millie Smith ([smithmi@lafayette.edu](mailto:smithmi@lafayette.edu)), Academic Project Coordinator, Provost's Office