GSD Staff News

Who's Who? Who's New?

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Care@Work

The Office of Work/Life is proud to offer the Care@Work benefit to all benefits eligible faculty and staff. Care at work is a digital platform that lets employees find, manage and pay for family care anytime, anywhere from any device. They offer best-in-class services and 24-hour assistance to support a variety of needs connecting employees to great local caregivers for kids, pets and parents: supporting employees through all phases of life. For more information about Care@Work and to register for services visit HARVie: https://hr.harvard.edu/care-at-work.

SAVE THE DATE

Thank You Event
November 20, 2:00 p.m. - 3:00 p.m.
Stubbins

GSD Annual Holiday Party
December 13, 4:00 p.m. - 7:00 p.m. Nubar at the Sheraton Commander

Mindfulness at Work

Mindfulness at Work is a series of courses and programs for Harvard employees that range from one-hour introductions to topic-focused sessions and in-depth multi-week courses. Some of the current courses being offered are:

- Mindful Eating
- Introduction to Mindfulness: How the Science and Practice of Awareness Supports Well-Being and Performance
- Managing Daily Stresses: A Mindful Approach to Work
- Mindful Communication: Speaking and Listening with Awareness
- Mindfulness and Anxiety
- Mindfulness and Compassion
- Exploring the Practice of Mindfulness
- 10% Happier
- WorkingMind

Find information about these programs and more at https://hr.harvard.edu/mindfulness
VETERANS MENTORING OPPORTUNITY

More than 1 million veterans are expected to transition from the armed forces to civilian life over the next five years. American Corporate Partners (ACP) offers a unique volunteer opportunity to provide career guidance to military veterans as they transition into the civilian workforce.

Since 2010, a number of Harvard employees have volunteered with ACP to provide one-on-one career development mentorships to post-9/11 military veterans. Won’t you join them? ACP Mentors and Protégés are paired for one year based on a variety of considerations including age, location, educational background, and shared career interests. Each pair is encouraged to speak at least once a month to discuss topics like résumé and interview preparation, networking, and other professional development topics. Throughout the year, an ACP staff member will be checking in regularly to ensure satisfaction, provide resources, and track the progress of the relationship.

To sign up as an ACP Mentor, please visit http://www.acp-usa.org/mentoring-program/mentor-application and enter the access code HVDACP when prompted. After you apply, an ACP staff member will be in touch with you regarding next steps.

Outings & Innings

Outings & Innings is an internal Harvard University service for staff, faculty, retirees, students and other Harvard affiliates that offers a dynamic menu of date-specific event tickets for a wide variety of performing arts and professional sports, as well as any day tickets for movies, museums and seasonal attractions. Celtics games, Aquarium passes, and Blue Man Group tickets are just a few of the options available today! To see a full listing and sign up for weekly alerts visit the O&I webpage outingsandinnings.harvard.edu

"Autumn is a second spring when every leaf is a flower." - Albert Camus