



NORTHWEST PREVENTION TECHNOLOGY TRANSFER CENTER



TAKE YOUR BREAK WITH US!

A Series: Challenges and Opportunities of the COVID-19 Work Environment

DATES

May 4, 2020 – June 26, 2020
Mondays and Fridays

TIME

8:00 am – 8:30 am Alaska
9:00 am - 9:30 am Pacific
10:00 am - 10:30 am Mountain

AUDIENCE

HHS Region 10 Community and state-level prevention practitioners, allied health partners and community members working to prevent substance misuse.

DESCRIPTION

Are you feeling a lack of connection and support with colleagues? Missing your break time with co-workers? Bring your morning coffee or tea to this series of 30-minute coffee breaks with colleagues. This is a time to connect and share challenges we're experiencing and explore strategies for being well and productive while working in this new COVID-19 reality.

WEEKLY TOPICS IN THE SERIES

Self-Care in a Time of Crisis – If you're feeling the stresses, uncertainties and anxieties of these times, you're in good company! Coping with stress through self-care will make you, the people you care about, and your community stronger. During this virtual coffee break, we'll explore ways to integrate seven strategies for self-care into your daily life.

Monday, May 4– Part 1; Friday, May 8 – Part 2

Facilitate Virtual Meetings Like a Pro! – Virtual meetings have huge potential to energize an organization's mission. Really! This virtual coffee hour will explore unique opportunities virtual meetings offer and best practices that will help you achieve dynamic and creative results from your virtual meetings.

Monday, May 11 – Part 1; Friday, May 15 – Part 2

Create Awesome Webinars! – Awesome webinars? Yes! Awful webinars? Unfortunately, yes. During this virtual coffee break, we'll explore ways to design and facilitate webinars toward the awesome end of the spectrum. Ready. Set. Go!

Monday, May 18 –Part 1; Friday, May 22 – Part 2

Working From Home & Keeping Your Sanity! – Are you finding that working from home is greater than you ever dreamed and harder than you ever thought? During this virtual coffee break, we'll share ideas on setting up a workspace at home and working from home – complete with a virtual tour of one home office! **Friday, May 29.**

How to Create Training People Love to Attend – and Learn! – Workshop participants prefer highly interactive training experiences. So do trainers and facilitators! During this virtual coffee break, we'll address three main topics – smart training design; the difference between teaching and facilitating; and 8 ways to make your training more interactive.

Monday, June 1 – Part 1; Friday, June 5 – Part 2.

Bringing Your Work Online – Prevention practitioners know how to engage youth, collaborate with community members, and implement programs in schools and communities. Now we are learning how to take this work online. During this virtual coffee break, we'll share tips for moving prevention fundamentals online.

Monday, June 8– Part 1; Friday, June 12 – Part 2

What's Next: Transitioning Back to the Office Environment – So you have been working from home for a while and you finally get the call from your employer to come back to the workplace. How will you prepare yourself, your family, and your co-workers to make a healthy and smooth transition? During this virtual coffee break, we will share tips for safely returning to your workplace.

Monday, June 15 – Part 1; Friday, June 19 –Part 2

The Post-COVID-19 Workplace – What Will Work Look Like? – Many of us made a forced transition to working at home during the COVID-19 pandemic. As a result, we have experienced a higher level of work-life integration – the good, the bad and the ugly! As we think about transitioning back to the office, how might we want to work differently? What will we need in order to transition smoothly? How might the workplace be different? Share your thoughts, concerns, and innovative ideas for rethinking the post-COVID-19 workplace

Monday, June 22 – Part 1; Friday, June 26 –Part 2

SERIES FACILITATOR



Pam Tindall has dedicated more than twenty years to working in the field of substance use and misuse prevention, consulting in all 50 U.S. states and across urban, rural, frontier, Alaska Native, American Indian, and Pacific Island communities.

REGISTRATION

Register Here: <https://casatunr.wufoo.com/forms/northwest-pttc-take-your-break-with-us-series/>

QUESTIONS?

Please contact Clarissa Lam Yuen (clamyuen@casat.org) for any questions related to registration. For any other questions, please contact Michelle Frye-Spray (mfryespray@casat.org).