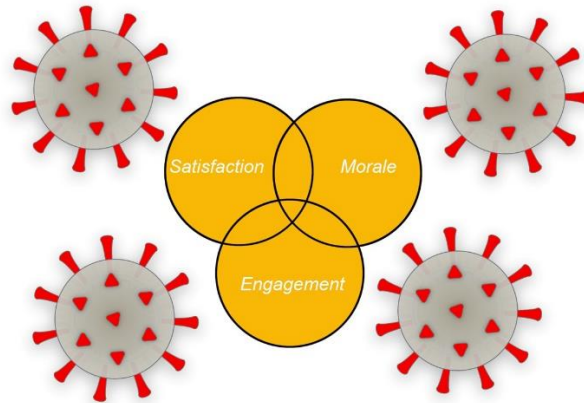




### What Day Is It???

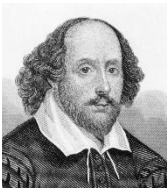
### How to Maintain “Happiness at Work” when work is not the same as it ever was?

By Dr. Adam Stoehr, VP Education and Research, Excellence Canada



Homework: To help build your own “Quarantine Cup”

1. What can we deconstruct and re-invent?
2. Even if it’s only temporary, where can we take our key skill sets now, to meet a new need at work?



Homework: To help lessen the worry about “your grown-out hair” (no matter the style or colour)”

3. What are 5 things that I am grateful for right now in this new environment?
4. What is something that our organization needs right now that I can rally around?



Homework: To help you learn “Alexander Hamilton on the piano”

5. What is one thing that I’ve always wanted to try at home and haven’t had the time?
  - examples: Piano, New Recipe, Puzzle, Rubik's Cube, Exercise, Tik Tok, New Music, New task at work etc.
6. How can I make space for 10 mins of this activity today?