Introducing **Workjoy**: A Cornell program to bring more meaning and happiness to work.

**Monday June 19, 2017**
8am-4pm, East Hill Plaza

**SPACE IS LIMITED! REGISTER AT CULEARN.CORNELL.EDU**

**Less Stress. More Joy. Every Day.**

Living in a constant state of stress can have devastating consequences on health, attitude, relationships, happiness, and work. **Workjoy** provides practical tools to cope with stress and help you create the work/life balance you want.

Join us for a one-day live course, followed by daily self-directed practices and two 90-minute peer group meetings. The program spans 90 days in its entirety.

The curriculum is fun and challenging -- and will have a lasting positive impact on the way you approach your work.

**Practical, Easy-To-Use Techniques:**

- Identify a work-vision and action plan
- Create a “toolbox” for managing stress
- Examine work stressors and beliefs
- Establish a meditation practice
- Develop healthy coping strategies
- Build community

*Sponsored by Cornell University Office of Workforce Development*

*Facilitated by Jayne Gumpel*

*Tuition: $350*