



EMPLOYEE APPRECIATION WEEK



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6/27**

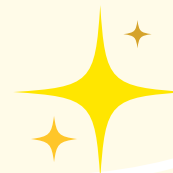
Years of Service & WCU Retiree Recognition, *watch for emails sent throughout the day*
Announcements, congratulations, and well-wishes to those who have reached milestones in 2019, 2020, and 2021.

Departmental Recognition – Join colleagues in your department to give and receive thanks within your own area. Stay tuned for tips and suggestions from Human Resources about what you can do to show appreciation for one another!



Employee Appreciation Event at SEC, 11:30am-3:00pm – Click [HERE](#) to RSVP

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Managing Everyday Stress with *Center for Contemplative Studies Director, Don McCown*

Take a deep look at what happens to the body and the brain under stress, and what we can do with the positive resources we have (our body and brain!) to make our way through each day with more ease and calm. Learn how to hack your autonomic nervous system, and how to enjoy the benefits of living in the present moment. Free and open to all employees: 50 person max for each session, RSVP not needed.

Sessions will be held at 10am, 11am, 1pm, and 2pm – Center for Contemplative Studies, 700 S. High Street

While attending a session, be sure to take a moment to visit with the Counseling & Psychological Services therapy dogs! Visiting times will be at 11am & 1pm.

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Gratitude: Cultivating Individual and Organizational Practices – The practice of gratitude, appreciating the goodness in life, provides both individual benefits and also has an impact on organizational culture. Join Jayme Trogus, Director in the Office of Wellness Promotion in an interactive presentation focusing on the practice of gratitude: why it is important, how to practice giving and receiving gratitude, and how to embed gratitude into our everyday practices. RSVP not needed.

Sessions will be held at 11am and 12pm – Brandywine Hall, Room 31:
709 South High Street

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**THURS
Day
6/30**