



MANAGER DEVELOPMENT PROGRAM

PRACTICING SELF-CARE

UPCOMING SESSIONS INCLUDE:

- May 9 & June 8** — **You Can't Pour From An Empty Cup**
Prioritizing Self-Care & Showing Up For Yourself
- May 16** — **"Are You Okay?"**
Recognizing & Responding To The Well-Being of Others
- May 23 & June 13** — **"I Don't Have The Energy for This"**
Breaking the Burnout Cycle Before It Breaks You
- June 29** — **How To Outsmart Your Stress**
Putting Your Resilience To The Test
- May 18** — **What Is The EAP?**
Navigating Tulane's Employee Assistance Program

REGISTER TODAY!

And be sure to check out our [Tools & Resources](#), including Desk Yoga and additional Wellness Resources from LinkedIn Learning. For more on Tulane's Manager Development Program, visit hr.tulane.edu/mdp