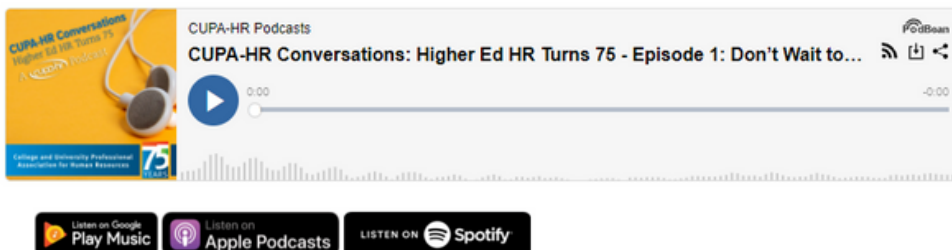




MENTAL WELL-BEING FOR HR PROFESSIONALS

The role of HR professionals since the beginning of the pandemic has definitely evolved. Our seat at the table is more important than ever. Even though our to-do lists and calendars as HR professionals are filled to the brim, we need to take time to prioritize ourselves and our own well-being. Below are some resources for you to explore to find ways to put yourself first so that you can be at your best for yourself, your employees, and your institutions.

- [CUPA-HR Mental Health Toolkit \(Resources for HR Professionals\)](#)
- [CUPA-HR Health and Well-Being Toolkit](#)
- [CNBC Article "After 18 months of unrelenting change, HR is burned out, too"](#)
- [EBN \(Employee Benefit News\) Article "Strategies to help HR professionals overcome burnout"](#)
- [SHRM Article "Self-care for HR Professionals"](#)
- [SHRM Article "Viewpoint: The Impact of Working in HR"](#)



CUPA-HR PODCAST

Andy Brantley joins Patti Couger to discuss the future of HR and how to pull the lessons of the pandemic forward – focusing more on work quality than hours worked and acknowledging the needs of the whole person. [Click here to tune in!](#)

PARTNER SPOTLIGHT: EXUDE'S LEADERSHIP SERIES

Supervisory Skills <p>Courses: Fundamentals of Leadership Interviewing Skills Performance Management Leading Virtual Teams</p> <p>Audience: First time or future leaders of people</p> <p>Price: \$1300</p> <p>Key Dates Orientation - Jan 25, 2022 Class Schedule - 12-2pm EST Feb 8, 2022 March 8, 2022 April 5, 2022 May 3, 2022 Graduation - May 20, 2022</p>	DEI Development <p>Courses: Foundational DEI Unconscious Bias Allyship Inclusive Communication</p> <p>Audience: Leaders focused on learning DEI</p> <p>Price: \$1300</p> <p>Key Dates Orientation - Jan 26, 2022 Class Schedule - 12-2pm EST Feb 9, 2022 March 9, 2022 April 6, 2022 May 4, 2022 Graduation - May 20, 2022</p>	Leadership Development <p>Courses: Inclusive Leadership Building Individual Development Plans Habits for Building Resilience Managing Change</p> <p>Audience: Leaders focused on learning leadership, DEI, and Wellbeing</p> <p>Price: \$1300</p> <p>Key Dates Orientation - Jan 27, 2022 Class Schedule - 12-2pm EST Feb 10, 2022 March 10, 2022 April 7, 2022 May 5, 2022 Graduation - May 20, 2022</p>
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Exude has developed a leadership series that is a four (4) month learning experience designed for leaders, managers, supervisors, or emerging leaders that are looking to develop their skills in the areas of Supervisory Skills, Diversity, Equity & Inclusion and Leadership. This series consists of three different tracks that each have four training courses.

This learning journey is 100% virtual with synchronous and asynchronous learning. The series includes five scheduled events: one (1) orientation, four (4) scheduled 2-hour classes, and one (1) 1-hour graduation. Total hours per participant are: max 1 hour per week on non-class weeks; 2 hours each class. For each course, the trainer will send a ~20-minute recorded overview to learners in the pre-work.

Deadline to register for the Winter/Spring Series is January 21st.

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UPCOMING EVENTS

SAVE THE DATE! CUPA-HR EASTERN PA/DE CHAPTER EVENT:

Lunch & Learn Webinar

Feb. 2nd | 12:00 PM -1:30 PM

VIRTUAL EVENT

More information coming soon via email



Event Sponsored by Segal

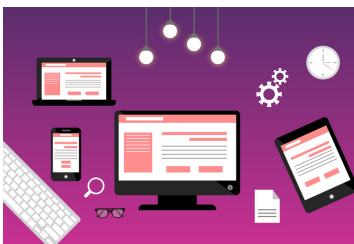
[Click here](#) to check out National CUPA-HR's Calendar of Events



CUPA-HR 2022 VIRTUAL SPRING CONFERENCE

April 19, 2022 -
April 21, 2022

More details to come



Our chapter's website has a new look. [Click here](#) to check it out!



DID YOU KNOW?



As a CUPA National Member, you have access to FREE e-Learning courses that offer SHRM recertification credits of up to 6 credits per course! [Click here](#) to view the course catalog.

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