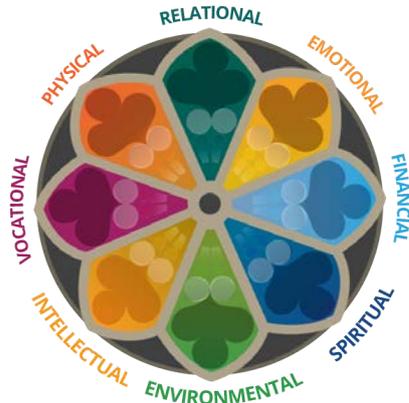


GSD Staff News

Community and Wellness Resources



Center for Workplace Development

CWD courses and virtual workshops for September – December 2020 are now available. Sign up for courses in the [training portal](#). View the [CWD flyer](#) to learn more about the Fall 2020 course offerings.

Editing and Proofreading - November 3: This 90-minute virtual workshop explores tools for editing your own work and the work of others. Detailed questions are encouraged!

Email for Action - October 20 and December 16: This 90-minute virtual workshop will focus on techniques for formatting emails when requesting action.

How to Use Social Media at Harvard - October 29: This 90-minute session focuses on helping to identify which platforms are appropriate for the Harvard related social media accounts they are managing while abiding by University guidelines and department affiliation at the same time.

The Power of a Positive No - October 6 and December 9: This 90-minute virtual workshop will explore challenges behind saying “no” and potential risks, impact, and feelings that prevent us from being honest. This course is based on the Harvard Negotiation Program co-founder's book: *The Power of a Positive No*.

Save the Date!

All-Staff Meeting

Wednesday, September 23
10 - 11 am

[Zoom link](#) | Passcode: 817794

Please submit your questions to the anonymous google form [here](#).



Title IX Bystander Intervention & Beyond Session

Tuesday, October 13th - 10 -11 am

Please save the for this upcoming training for GSD staff with Rachel DiBella, Assistant Director, Title IX Education Programs.

Who's Who? Who's New?

Chad Klopfer, Art Director, Communications
ckloepfer@gsd.harvard.edu

Kat Chavez, Public Programs Assistant, Communications,
kchavez@gsd.harvard.edu

Raheem Hanifa, Research Analyst, JCHS
raheem_hanifa@harvard.edu

GSD Diversity, Inclusion, and Belonging

The DIB Annual Report serves as a step towards creating a shared understanding of the progress, partnerships, and initiatives of the Office since its formation in February 2019. Read the DIB Annual report [here](#).

Diversity, Inclusion & Belonging Anti-Racist Resources

[To be an ally is to be an active agent of change](#). This includes proactively recognizing your privilege, amplifying Black voices, and working towards a permanent social and systematic change. In the words of author Ibram X Kendi, “No one becomes ‘not racist,’ despite a tendency by Americans to identify themselves that way. We can only strive to be anti-racist on a daily basis.”

ACTION

- Donate to the Milwaukee Freedom Fund, which is extending support to protesters in Kenosha [here](#).
- [How to support racial justice in Massachusetts](#)

FOLLOW

- [antiracismdaily](#): Daily newsletter and resources to dismantle white supremacy. Founded by [@nicoleacardoza](#).
- [thelovelandfoundation](#): Loveland Foundation is committed to showing up for communities of color in unique and powerful ways, with a particular focus on Black women and girls.

LISTEN

- [Intersectionality Matters!](#) is a podcast hosted by Kimberlé Crenshaw, an American civil rights advocate and a leading scholar of critical race theory.
- [About Race with Reni Eddo-Lodge](#) looks at the recent history that lead to the politics of today.

WATCH

- [If Beale Street Could Talk \(2018\)](#): Based on the novel by James Baldwin, "If Beale Street Could Talk" is a soulful drama about a young couple fighting for justice in the name of love and the promise of the American dream.
- [Fruitvale Station](#) a film with Michael B. Jordan about the killing of Oscar Grant

READ

- Black Voices by Huffpost. Read more articles [here](#).
- [Dismantling White Supremacy and the 5 Stages of Grief](#)

CONVERSATION

Questions you can ask a round the dinner table

- [Have you ever been in a room](#) where nobody looked like you?
- [When did you become aware](#) of the construct of race?
- [How has your whiteness helped](#) you succeed financially?

Harvard University Archives

These workshops are available to all Harvard employees and cover a range of records management practices, such as how to use the General Records Schedule to determine what to keep, how to manage a records center account, and how to organize email.

Fall 2020 virtual workshops are now available! Please click on the link for the workshop you would like to attend. All workshops will be held via Zoom.

- [Trash or Treasure](#) - Guidance on Retaining your Office Records
- [Out of Sight](#) - Off-Site Records Storage
- [Email Management](#) - Gain Control of your Email



Harvard's EAP Provides Support for Working Parents

Many parents, caregivers and guardians face mounting and difficult choices regarding childcare and school this fall. For many there are basic questions about access to resources, family safety and even the need to choose childcare over work. KGA, Harvard's Employee Assistance Program, provides consultation and resources to help you and your family make decisions and access childcare and alternative educational resources. Please see the [September Wellness Note](#) for a variety of resources available to Harvard employees.

Coping with Coronavirus Dealing with daily stress, anxiety, and a range of other emotions



Regardless of your specific circumstances, it's likely that you're wondering how to cope with the stress, anxiety, and other feelings that are surfacing. A variety of stress management techniques, which we delve into below, can help.

This webinar series was created to support the students and staff of the Harvard Medical School community, yet the lessons will be broadly applicable to all who are feeling the emotional strain of this unprecedented crisis. View webinar series [here](#).

The Learning Network Teaching and Learning with The New York Times



Inspire students with fresh classroom resources based on award-winning journalism from The New York Times. From economic and geopolitical developments to the latest in science and the arts, The Times keeps audiences informed with seamless international coverage and rigorous independent reporting on all platforms. Read more [here](#).

America's Restaurants Are Worth Saving. Here's How.



The realities of the COVID-19 pandemic – which has devastated the restaurant industry and irreparably altered the lives of everyone who works in it – have forced a painful, impossibly forward-looking conversation to the front of people's minds: How will the restaurant industry rebuild?

Daily Guided Meditations Center for Wellness & Health Promotion



Join us for a drop-in meditation!
No experience necessary.

Daily Zoom Meditation

Monday - Friday, 12:15 pm -
12:45 pm EDT

Password: meditate