

Health and Wellness Workshops



Come have fun and take the time to focus on wellness!



Monthly Wellness Workshops

Come have fun, play, and connect with your colleagues while learning valuable skills that can improve your wellness, increase your resilience, and reconnect you to your purpose.



Time:

Staff Workshops: 8 a.m. - 9 a.m.
Student and Faculty Workshops:
11:30 a.m. - 1 p.m.
(Lunch will be provided.)

Location:

Anaheim Campus, Room 611
1830 W. Romneya Drive
Anaheim, CA 92801

Presented by:

EQ Schools

No RSVP Required!

NOCE
NORTH ORANGE
CONTINUING EDUCATION

Wellness Workshops Schedule

February 12, 2020: The two pillars of resilience - social support and self-compassion .

March 25, 2020: Mindfulness and emotional intelligence - self-awareness, and self-regulation strategies, especially in the face of stress.

April 15, 2020: Beliefs, self-image, self-esteem, and growth mindset.

May 6, 2020: Healthy communication strategies towards getting our needs met.

June 10, 2020: Self-care, work-life balance, and finding intrinsic meaning toward personal growth.



Accredited by the
Accrediting Commission for Schools,
Western Association of Schools and Colleges
533 Airport Blvd, Suite 200
Burlingame, CA 94010
Website: www.acswasc.org

The North Orange County Community College District's (NOCCCD) North Orange Continuing Education (NOCE) Administrative Offices are located at 1830 W. Romneya Drive in Anaheim, California 92801. For more information, call 714.808.4645 or visit www.noce.edu. It is the policy of NOCCCD to provide an educational, employment, and business environment in which no person shall be unlawfully subjected to discrimination or sexual harassment, nor unlawfully denied full and equal access to the benefits of District programs or activities on the basis of ethnic group identification, national origin, religion, age, gender, race, color, ancestry, sexual orientation, marital status or physical or mental disability as defined and prohibited by state and federal statutes. The District is also committed to maintaining campuses that are free of harassment, drugs and alcohol. To read the entire NOCCCD nondiscrimination statement, see the policy in the General Information section in the back of the NOCE class schedule.