

LEARNING LAUNCHPAD

EMPLOYEE WELLBEING



HLS HR

If you are looking to improve yourself outside of the work environment, take a moment to explore a variety of programs and resources available to you as an HLS employee.



Programs at Harvard

- [Office of Work/Life Programs](#)

Harvard's Office of Work/Life supports the health, well-being and work/life integration of benefits-eligible faculty, staff and postdoctoral fellows as well as their spouses/partners and dependents. Check out their website for a list of their current programming around mindfulness, self-care, and more.

- [Harvard Center for Wellness](#)

Whether you are exploring new ways to enjoy physical activity, restore balance to your life, or better manage stress, we have the class for you.

- [Shutting Down: Boundaries for Our Work](#)

This webinar explores concrete strategies for creating boundaries with our work. It reviews pre and post work rituals, transition rituals and social supports for containing work creep and regaining our ability to have personal space and time.

- [Navigating Difficult Conversations](#)

In this workshop, you will practice how to deliver a difficult message with poise, empathy and resolve. You will explore the nature of difficult conversations and what it takes to navigate them to generate solutions and tolerate the discomfort that comes with knowing difficult conversations are a part of how we learn and grow.



Communities & Resources

- [Employee Assistance Program](#) | Get free, confidential help for all areas of your life.
- [Ten Percent Happier App](#) | Get free access to this mindfulness and meditation app.
- [Fitness Benefits and Resources](#) | Check out Harvard's athletics facilities and fitness resources

Questions

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