



## Laney Graduate School Spring into Wellness Series

Spring is a time of renewal. Spring 2022 brings the hope that we will be able to gather in person and get a little closer to “normal.” Given the difficulties of living through the COVID-19 pandemic, it is an opportune time to spring into wellness. Wellness is so much more than a spa day or a 10-minute yoga session – wellness is deeply caring for yourself. That’s why Laney Graduate School’s Student Affairs team created this series, with sessions on how to make the most of our time, our money, our work, and our health and wellbeing. We hope these sessions will provide tools you can return to again and again in your journey to your best life.

### **Time Management Workshop (Virtual)** **February 23, 11 a.m. – 12 p.m.**

Learn new skills for time management from Emory Continuing Education instructor Nancy Colter. In this session, Nancy will teach:

- How to be effective and efficient using the time you have.
- How to use goals, planning, and a work-life balance to achieve more in your research.

[Join here.](#)

### **Emory Wellness Fair (McDonough Plaza/ESC)** **March 2, Various Times**

### **Budgeting Workshop (Hybrid)** **March 17, 12 – 1 p.m.**

Learn how to create and follow a budget with Financial Aid’s Maria Carthon. If you have specific questions you’d like Maria to address, please [enter them here](#) by noon on March 15.

We can welcome 20 attendees in-person (Emory Student Center, N302) or you can join [via Zoom](#).

## ONGOING OPPORTUNITIES

### **Compassion Meditation Group (Virtual), Every Wednesday, 5 – 6 p.m.**

Learn about meditation practices and apply them to your daily life. We welcome beginners as well as longer-time practitioners to these sessions. To receive the link for our group, email [religiouslife@emory.edu](mailto:religiouslife@emory.edu). If you have any additional questions, email [Bobbi Patterson](#).

### **Wellness Coaching, by individual appointment**

Wellness coaching is a free service for all graduate students at Emory that provides support for navigating a variety of concerns, challenges, and life transitions. A coach works with you to maximize your personal and professional potential, and helps you focus on achieving goals that are meaningful for you. Whether it’s being more active, succeeding in the classroom, making connections or other concerns, a coach can help you build a plan to reach your well-being goals. [Learn more or sign up.](#)

**Debt Management Workshop (Hybrid)****March 24, 1 – 2 p.m.**

Do you have student loans? Learn terms, tips, and tricks for managing your student loans once you leave Laney. This session will be presented by Cortney Davis, Assistant Director of Financial Aid & Scholarships in the Emory School of Medicine's Office of Medical Education and Student Affairs.

We can welcome 20 attendees in-person (Emory Student Center, N302) or you can join [via Zoom](#).

**Grad Appreciation Week****April 4 – 8, Various Times/Locations TBD**

Be on the lookout for Grad Appreciation Week Announcements, coming soon.

**Enhancing Wellbeing: Intentionally Matching Values and Action for Graduate Students (Virtual)**

Two sessions offered (choose one): **April 5, 12 – 1:30 p.m.** or **April 7, 5 – 6:30 p.m.**

Sisters Susan Elizabeth Gagliardi, PhD, and Jane P. Gagliardi, MD, MHS, will lead an interactive workshop on graduate student wellbeing. They request that students come ready to participate with cameras on (sessions won't be recorded).

[Join here on April 5.](#)

[Join here on April 7.](#)

**Graduate School Mental Health (Hybrid)****April 7, 11 a.m. – 12 p.m.**

Meghan Duffy, first author of a recent article entitled "Supporting Mental Health and Productivity Within Labs," will give a talk on this topic in the biology seminar series. This session is open to all graduate students.

We will welcome students in person and via Zoom. Location information and a Zoom link will be added and shared prior to the event.

**Have questions?** Please contact Claire Beaudro at [claire.beaudro@emory.edu](mailto:claire.beaudro@emory.edu).