

Here's the Eventbrite link

<https://www.eventbrite.com/e/767905495007?aff=oddtcreator>

Date: **December 14, 2023**
from **10:00am-11:30am**



**JENNIFER
JAMES
MUHAMMAD**

LIFE COACH AND STRATEGIST

TOPIC

Wellness in the workplace

Learning Outcomes

- Self assessment
- Engage in productivity planning
- Understanding life design

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