

## THE CWRU SCHOOL OF MEDICINE 2019 STAFF LUNCHTIME TOOLKIT SERIES

All sessions to be held in Frohring Auditorium  
Biomedical Research Building BRB105  
on the fourth Tuesday of the month  
12 noon - 1:00 pm

**Beverages and cookies will be provided**

### Tentative Topics

January 22	Time Management
February 26	Wellness Initiatives
March 26	Benefits
April 23	CWRU Employment
May 28	Never Too Young (Or Old) to Start Retirement Planning
June 25	Navigating the Performance Review Process
July 23	Stress Management
August 27	Career Development
*September TBD	Title IX – Sex in the Workplace
*October TBD	Wellness
*November 12	Yoga

\*Joint Staff and faculty Toolkit Session