

Stress Work Shop Links

Once you login as moderator using CODE 4756, click settings, scroll to the bottom and click to disable video, audio, and screen sharing for attendees.

PUT IN CHAT:

Thank you for attending today's workshop and welcome to Let's Talk About Stress!
Please keep your microphones muted and cameras off.

We'll be connecting with each other using the chat box.

If you haven't already, you are encouraged to visit Pure Michigan Talent Connect at <https://www.mitalent.org/> to create an account (button in the upper right hand corner of the screen) to access additional job seeking strategies and to get connected to local job openings.

Enjoy the workshop!

PUT IN CHAT AT THE END EXPLAINING EACH ONE:

Link to the survey about Let's Talk about Stress Workshop:

https://oakgov.co1.qualtrics.com/jfe/form/SV_eKyrklyrnSkkZp4

Link to the Talk about Stress Presentation:

<https://www.oakgov.com/home/showpublisheddocument/1140/638031855644730000>

Link for more information on upcoming workshops and to access past recordings:

<https://www.oakgov.com/business/business-development/workforce-development/events/virtual-career-workshops>

Useful stress and wellness resources links:

<https://www.oakgov.com/home/showpublisheddocument/1142/638031855650730000>

Once you've clicked the links and completed the survey you may click out of this workshop.
Thank you again for joining and all the best to you.