

NOT ALONE @ THE BEACH PRESENTS

SELF-KINDNESS & PRODUCTIVITY WORKSHOP

WITH DR. JENNIFER M. GÓMEZ
WAYNE STATE UNIVERSITY

This workshop is for students struggling with productivity during COVID-19. The workshop will cover:

- The importance of self-kindness
- Adjusting productivity expectations for COVID-19 times
- Strategies to engage in more self-kindness & self-compassion
- Strategies to enhance productivity at home



FRIDAY, SEPTEMBER 11, 12-1PM PDT

Register for the workshop here: bit.ly/31PSLk2

For more information visit: www.cla.csulb.edu/natb/