

FOSTERING *Connection* IN A HYBRID WORKPLACE



June 8, 2022

Noon – 1:00 pm
Virtual Session - Microsoft Teams

Many of us are learning, living, and leading from home. This can create a sense of disconnection and isolation. Demonstrating empathy for the changes we are all going through and understanding ways to restore energy and human interaction are critical – especially when navigating a hybrid workplace. In Mark's message, he will provide ways to reignite human connection leaving you filled with a newfound courage to connect.

Key Takeaways

- Find ways to create more meaningful connections both online & offline
- Learn how to combat video meeting fatigue
- Improve your digital & emotional wellness
- Be in community & have a little fun!



Mark Ostach

Mark helps people find the courage to connect. A globally recognized speaker on Digital Wellness and frequently featured in the USA Today, Mark has done two TED talks, written 2 books, and spoken to thousands of people encouraging them to embrace a spirit of courage through vulnerability.

Mark has degrees in psychology, technology, and an interest in behavioral neuroscience. His mission is to remind the world that human connection is the most powerful connection we have.

Registration Options:

Register online at <https://bit.ly/OakFit-Workplace>

If you are unable to attend after registering you will be sent a link to view the recorded session.

For questions, contact Dawn Hunt at huntd@oakgov.com • (248) 858-5473

