“Life provides ample opportunity to test our mettle. When circumstances call for it, let's give ourselves a break and ask for help.”
– Gina Greenlee

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Suicide Awareness and Understanding

Presented by Espyr, this training reviews the nature and scope of the problem of suicide in our country. It informs the audience about common risk factors and warning signs that indicate a person may be planning to harm himself or herself, as well as the link between clinical depression and suicide. It teaches participants how they can assist if they know someone at risk of suicide. Two sessions will be offered.

**Date:** Thursday, September 15, 2022  **Duration:** 1 hour

**Time:** 12:00 p.m. Eastern ([add to calendar](#))
3:00 p.m. Eastern ([add to calendar](#))

Virtual National New Employee Orientations

The New Employee Experience Team is excited to announce two upcoming National New Employee Orientations (NNEO) in a virtual format in November 2022. New employees should submit their interest by September 30, 2022, at [National New Employee Orientation Registration November 2022](#).

NNEO creates an inclusive and engaging learning environment regardless of grade. Rather than a focus on onboarding, the program is designed as an immersive experience centered on orienting new employees to who the Forest Service is – its history, structure, strategic priorities, and values. For
Onboarding information such as pay, benefits, and systems access, please attend an Onboarding Webinar.

The virtual sessions are being held at different times to accommodate the different time zones of our workforce.

**November 7-10, 2022 (Eastern Time)**
- **Monday** 11:30 a.m. - 4:30 p.m. ET
- **Tuesday-Wednesday** 9:00 a.m. - 4:30 p.m. ET
- **Thursday** 9:00 a.m. - 3:30 p.m. ET

**November 14-17, 2022 (Pacific Time)**
- **Monday** 11:30 a.m. - 4:30 p.m. PT
- **Tuesday-Wednesday** 9:00 a.m. - 4:30 p.m. PT
- **Thursday** 9:00 a.m. - 3:30 p.m. PT

Those that express interest will be notified by mid-October on next steps. Additional NNEO sessions will be offered in February 2023, May 2023, and September 2023. Please visit the New Employee Experience SharePoint for more information about onboarding and orientation for new employees and direct any questions to Leslie Courtright, NNEO Program Manager, at SM.FS.NNEO@usda.gov.

**Understanding Conflict** *(add to calendar)*

This webinar is about understanding that conflict is inevitable; it is all around us and part of life, but it’s what we do with it that matters. We’ll go over what conflict is, some examples of conflict, and the various levels. If we’re on the look-out and the learn the skills to intervene at the early stages, we can be proactive and prevent it from reaching the level of crisis. We’ll go over some of the ways to intervene at the various levels, responding versus reacting, and constructive approaches to work through it. *Adapted from the materials of the Conflict Resolution Network – an independent civil society organization and international network dedicated to researching, developing, and disseminating the theory and practice of Conflict Resolution through education and training.*

**Date:** Wednesday, September 21, 2022  **Duration:** 1.5 hours

**Time:**
- 9:00 a.m. Alaska / 10:00 a.m. Pacific / 11:00 a.m. Mountain / 12:00 p.m. Central / 1:00 p.m. Eastern & Atlantic Standard

**Mindfulness-Based Stress Reduction**

The Mindfulness-Based Stress Reduction (MSBR) program is available to help you cope with a range of stressors and anxiety through a medical and science-based approach. Psychological resilience can be learned through specific practices and has been found to bolster resiliency in the face of, and in recovering from, stress. Please join us for the upcoming MSBR series to learn way to cope with stress and improve your quality of life. Hosted by Michelle Reugebrink, Work Environment & Performance Office.

**Fall Series**

**Dates:** Wednesdays September 28 – November 16, 2022 (2.5 hours each Wednesday for 8 weeks)

**Time:**
- 8:00 a.m. Alaska / 9:00 a.m. Pacific / 10:00 a.m. Mountain / 11:00 a.m. Central / 12:00 p.m. Eastern & Atlantic Standard
We will accept registration until Friday, September 23, 2022. Please email Michelle Reugebrink michelle.reugebrink@usda.gov to be placed on a mailing list and to receive access to materials and communication during the course.

Required: Add this training manually to your individual development plan (IDP) as a goal.

Type of Session: Conference Call (More information will be provided at sign-up)

**UPLIFT September Meeting Cancelled**  
From the Office of Civil Rights

Due to scheduling conflicts, the UPLIFT meeting scheduled for Thursday, September 15th, has been cancelled. We apologize for any inconvenience and look forward to seeing you in October.

**Recorded Webinar**

[Noticing Our Response to Stressors and Anxiety: Foundation for a Healthy and Productive Response](#)