“If opportunity doesn’t knock, build a door.”
– Milton Berle

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**Visit the WEPO Website**

**Get Career Development Savvy with Forest Service Leaders**

*Want insider tips and tricks to advance your career and secure your next job?* The Forest Service Women’s Employee Resource Group “UPLIFT” is excited to host – in collaboration with WEPO and Human Resources Management – two upcoming webinars on career development in the Forest Service. Both sessions will feature a panel discussion by employee leaders, sharing their expertise and wisdom on career development, and will include Q&A discussion. Information on session two forthcoming.

**Session 1: Career Exploration: Finding Your Next Opportunity**

- Details, Temp Promotions and other career building opportunities
- Coaching and Mentoring as tools for career development
- Outreach Database – What is it? How to use it? How to set up alerts?
- Leadership Development programs/opportunities

**Date:** Tuesday, November 8, 2022  **Duration:** 1.5 hours

**Time:** 11:30 a.m. Alaska / 12:30 p.m. Pacific / 1:30 p.m. Mountain / 2:30 p.m. Central / 3:30 p.m. Eastern & Atlantic Standard
Workforce Development and Hiring Webinars

One of the actions in our Agency’s Equity Action Plan is “Achieve a Representative, Inclusive, and Thriving Forest Service Workforce.” In support of this action, all are encouraged to attend this webinar series. Webinars will feature agency hiring goals, program overviews, performance outcomes to date, key regional contacts and resources, and provide an opportunity for questions and answers. This webinar series is hosted by the National Recruitment Team and Workforce Development Partnerships Service Hub for Forest Service staffs. See this flyer for more on upcoming webinars.

Resource Assistants Program

**Date:** Thursday, November 3, 2022  **Duration:** 1.5 hours

**Time:** 9:30 a.m. Alaska / 10:30 a.m. Pacific / 11:30 a.m. Mountain / 12:30 p.m. Central / 1:30 p.m. Eastern & Atlantic Standard

Join Teams Webinar here

Family Law Issues

Designed to provide guidance on selected family law issues that will prepare employees to face family challenges, this seminar from Espyr will cover topics of divorce, legal separation, child custody and visitation allowing you to consider your options and take the first steps toward resolving family law issues. For more information, visit Espyr Webinar: Legal: Family Law Issues

**Date:** Thursday, October 27, 2022  **Duration:** 1 hour

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

Weekly Guided Break

Mindfulness Meditation is a simple, effective method that can help us be more productive and face setback with resiliency. The right side of our brain, which is responsible for creating new ideas, will increase in activity for those who meditate regularly. As a result, improved creativity, engagement, and productivity are often a result. Hosted by Michelle Reugebrink, Work Environment & Performance Office. To see the weekly guided breaks schedule, please click here.

**Date:** Friday, October 28, at 11:00 a.m. ET  **Type of Session:** Conference Call  **Duration:** 15 minutes

**Call -in Number:** 1-888-844-9904; Passcode 5637452#

Building a High Morale Workplace (add to calendar)

A workplace should inspire productivity, commitment, morale, and performance. This webinar will provide techniques and examples for making a workplace a community. It will
demonstrate how to foster a genuine bond with supervisors and peers - and turn around a negative workplace to create and sustain a positive environment.

**Date:** Wednesday, November 17, 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

**Recorded Webinars**

Mindfulness & Resiliency recorded one-hour webinars are available anytime for playback [here](#).