

Good Morning!

I like you... a latte!



Coffee & Connections



Join us and mocha some friends!



Shout Out to our ATDChi Gold Sponsors

For more than 20 years, TrainingPros has served the training, eLearning, and technical writing communities providing qualified learning and development (L&D) consultants on a contract basis.

When you have more projects than people, TrainingPros can provide the right L&D consultants to ensure your projects are a success.



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CARA is a consulting firm focused on change management, learning, and communications solutions that enable the workforce of the future.

Their unparalleled commitment to the success of their clients and consultants makes CARA solutions unique.



Shout Out to our Association Partners

HRHotSeat is for anyone who is convinced that there are better ways to attract, retain, and engage the people who matter most to our businesses.

Their mission is to move the human resources discipline forward together, propelled and inspired by a collaborative environment of trust, support, honesty, integrity, and respect.



Shout Out to our Association Partners

PLAY Polarities™ exists to bring clarity, continuity, and co-humanity to the betterment journeys of individuals, organizations, and communities through Speaking, Teaching, Coaching, and Consulting inspired by the *PLAY Polarities™ Model For Co-Human Excellence*.



Coming Soon!

MAY

- 12th | OD Cooperative - How to Promote Positive Mental Health and Resilience During Challenging Times
- 16th | Reengagement Workshop w/ Cliff Goldmacher
- 17th | Roundtable Discussion
- 30th | (Human) Resources

JUNE

- 12th | Coffee & Connections





We Need You!

ATDChi is an ALL
volunteer organization

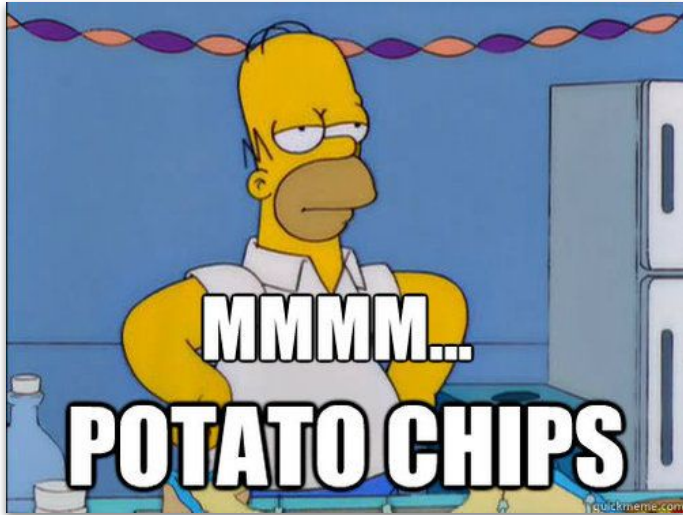


- GIVE BACK
- LEARN BY DOING
- SHARE YOUR
KNOWLEDGE
- NETWORK
- HAVE FUN



Learn More & Sign Up:
www.atdchi.org/volunteer

Don't Forget to ChIP in!

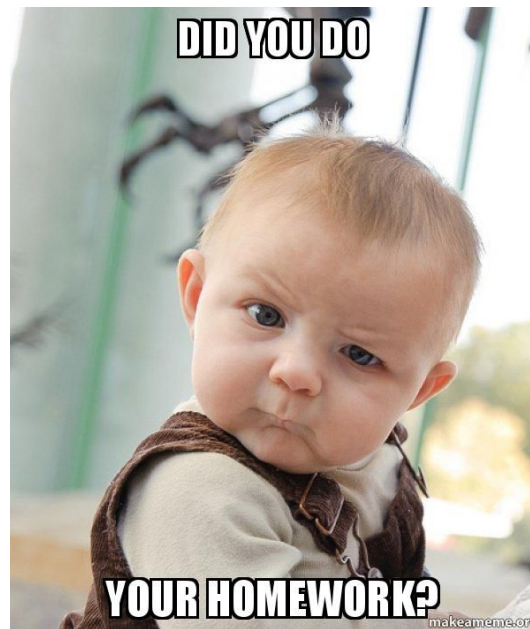


Earn our chapter revenue by participating in the Chapter Incentive Program (ChIP)

- Use our code: CH5009 when you purchase any ATD program, product or service - EVEN on your ATD Membership!
- Save \$20 on National Membership by entering the CH5009 code at checkout when you join or renew with National ATD.
 - It's simple, just enter the code when you checkout at National ATD.

Last Session's Takeaways

- Enjoy this (FINALLY) beautiful weather!
- Find at least 10-15 minutes every day during work hours to step outside for some fresh air
- Tell five people in your network about Coffee & Connections
- Connect with five new people from today's call
- Follow ATDChi on LinkedIn and Instagram (atd_chi)



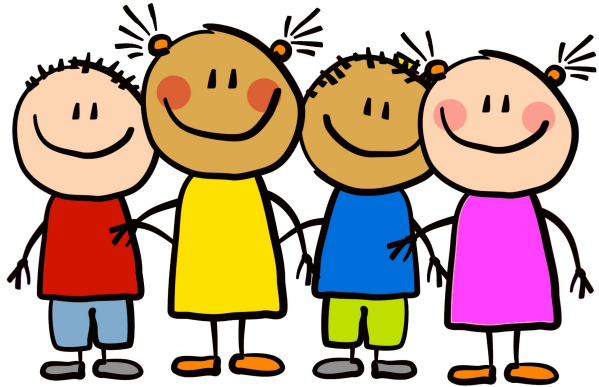
Today's Discussion

Mental Health Awareness

- Did you know that May is Mental Health Awareness Month?
- What are some routines or exercises you that you do to focus on your mental health? At work? At home?
- How do you discuss mental health with employees and colleagues?
- When starting at a new employer, or in a new role, what are some things you do to help keep yourself from getting overwhelmed?



Six Tips for Maintaining Mental Well-Being



1. Keep a routine
2. Get a good night's sleep
3. Spend time outside (like we talked about last time!)
4. Stay connected with friends and family
5. Don't obsess over the news
6. Practice positivity and gratitude

*From SHRM

For Next Time

- Focus on your mindset
 - Wherever you are right now, you're right where you're supposed to be :-)
- Make an effort to talk about it!
- Tell five people in your network about Coffee & Connections
- Connect with someone new from today's call
- Follow ATDChi on LinkedIn and Instagram (atd_chi)

