

Worker Awareness Workbook

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BODY image and self-esteem start in the mind, not in the mirror,” insists Ennis’ Kasia Kowalska who has just embarked on a new chapter of her life.? Kasia, a life coach and yoga instructor, has ...

Kasia’s book aims to boost self image and mental health

Amen, MD, makes the case for how anxiety, depression, obsessiveness, impulsiveness, and anger may be related to how specific structures work in your ... partner violence. Workbooks like “Healing ...

The 15 Best Mental Health Books of 2021

Rojas-Galván will bike to all 17 community colleges across Oregon to raise money for student textbooks. He reached Chemeketa in Salem on Tuesday.

Oregon instructor to bike nearly 1,600 miles to raise money, awareness for textbooks

If you could correct two or three low-hanging fruits in the form of gameplay mistakes you're probably making because of a lack of awareness ... work through dozens of video modules and worksheets ...

3 Things I Learned from Coaching Hundreds of Clients

The toolkit features a facilitators’ guide and an activities workbook aiming to ... and gender-based violence in the world of work; Raise awareness about Convention 190, its accompanying ...

Global Trade Union Movement Launches Toolkit In Campaign To Eradicate Violence And Harassment In The World Of Work

Raquel Kasham Daniel is a social entrepreneur and educator working in poor and remote communities in Nigeria focusing on education for children and sexual and reproductive health for adolescent ...

Raquel Kasham Daniel: Impact through Social Entrepreneurship

Since 2018 the Grace Fellowship Church and various partners and members have hosted, with Babs and Scott Kennedy, the Kilimanjaro Water Run. The 5K and 10K was a race to raise money to help a remote ...

Kilimanjaro Water Run trades shoes for cycles

Once you put conscious intention and awareness behind it ... free time for standalone meditation practice in my day. I got to work by 7:30 a.m., clocked out at 3:30 p.m., and picked up my toddler ...

8 Ways to Fall In Love with Your Mindfulness Practice

I downloaded the accompanying workbook, got out my journal ... I knew that there was a lot of “what else?” for me to dig into. This work of understanding white supremacy became the ultimate practice ...

I’m Standing Up Against White Supremacy–In Myself

There is a phrase called 'Memphis made.' It means someone raised, groomed, or polished right here in Memphis. It has a way of sticking with you no matter where you go. That is the story of a former ...

Former Memphis Tiger launches clothing line, 'Still Community,' celebrating Memphis and bringing awareness to mental health

The UK’s data protection regulator Information Commissioner’s Office (ICO) has launched a suite of lesson plans and worksheets ... part of the ICO’s work on building awareness of the ...

UK's data protection regulator offers online privacy classes to youngsters

American grassroots-organizational scholars Kenneth Jones and Tema Okun’s workbook ... awareness, analysis, action, and accountability. Abraço de Mãe’s equity and anti-racism operational group focused ...

Tackling Systemic Racism in Maternity Care

Patriarchy is about the behaviors of those in power. Behaviors that perpetuate exclusivity of all kinds: in race, class, and ability level (just to name a few).

Is “Boss Babe” Feminism Upholding the Patriarchy?

The winner of multiple awards for her work on SAS and author of over 30 publications, including treatment manuals, workbooks, games and software, Dr. Beaumont is passionate about using ...

American Psychological Association Presents Dr. Renae Beaumont with Award for Promoting Evidence-Based Mental Health

(WLNS) - Computer science and plant biology experts at Michigan State University are now planning to work together to study ... join him as he seeks to raise awareness of the payments and ...

MSU to study genetic code of crops using artificial intelligence

Now, health care leaders at the University of Michigan want to start a discussion and raise awareness about what ... bone and tendon and vascular work.” Right now there is a petition out there ...

New Michigan study finds fire work related injuries doubled in last decade

The Kokomo Tribune reports that a \$50,000 grant from the Indiana Historical Society will be used to pay for work at the buildings in Peru. The newspaper says the American Circus Corp. buildings ...