

Connect with colleagues at '15 for You' and 'Water Cooler' meetups

University Communications
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At a time of information overload, **Life & Work Connections** ^[1] is looking to give University employees opportunities to disconnect from stress and reconnect with each other.

The office has launched "**15 For You** ^[2]," a daily 15-minute Zoom meetup focused on employee wellness. **Josephine Corder**, director of Life & Work Connections, says the events are structured to encourage a daily routine during a time that is anything but consistent.

"In an evolving world, where there is so much changing by the hour, and we're being called upon to transform so many different parts of our lives, it's helpful to have something you can count on," Corder said. "Every morning at 10 a.m., you know, no matter what is happening, you can log in and join a segment that will help you with your self-care and resiliency."

Corder says the 15-minute length is to "encourage self-care even by simply taking a break." She is looking to add afternoon sessions as well. The current morning schedule is:

Mindful Mondays | Mondays, 10-10:15 a.m., with **Bob Cunningham**, employee assistance counselor

Boundaries and Bridges | Tuesdays, 10-10:15 a.m., with **Tanya Lauer**, employee assistance counselor

Explore This ... | Wednesdays, 10-10:20 a.m., with **Chad Myler**, health promotion manager

Pause and Pivot | Thursdays, 10-10:15 a.m., with **James Naughton**, employee assistance counselor

Family Fridays | Fridays, 10-10:15 a.m., with **Lourdes Rodriguez**, senior coordinator for childcare and family resources, and **Eileen Lawless**, dependent care adviser

For afternoon programming as part of the 15 For You effort, the office has launched a series of digital discussion groups called "Meet Me at the Water Cooler," which Corder says are designed to help employees tap into the University community, even at a distance.

"Meet Me at the Water Cooler is an opportunity to connect people who wouldn't normally meet," Corder said. "Somebody from physics might get to meet somebody from music, who might get to meet somebody from the medical campus. It can bring our University of Arizona community together in a new way that we haven't seen before or done before."

The sessions, which are scheduled for Tuesdays and Thursdays at 2 p.m., allow the University community to get together for casual talk, then break out into Zoom breakout rooms to discuss what Corder calls "easy-going topics" to get to know each other. For example, participants could be asked, "Would you rather explore outer space or the bottom of the sea?"

Corder says the office is working on additional afternoon programming for Wednesdays and Fridays. She says employees can **join the office's email list** ^[3] to receive updates.

In addition to the new offerings, Corder says the office is making many of its regular resources available to employees virtually. **Lourdes Rodriguez** is available for consultations on family issues such as balancing work and in-home education responsibilities. **Eileen Lawless** can consult on adult care issues like how to handle having a loved one in assisted living during the pandemic. **Cindy Davis**, registered dietitian nutritionist, can help with nutrition coaching and issues like stress eating during difficult times. Corder says the best way to schedule appointments is by emailing **Rodriguez** ^[4], **Lawless** ^[5] and **Davis** ^[6] directly.

Source URL: <https://uaatwork.arizona.edu/lqp/connect-colleagues-15-you-and-water-cooler-meetups>

Links

[1] <https://lifework.arizona.edu/> [2] <https://lifework.arizona.edu/training-and-workshops/15-for-you> [3] <https://arizona.us9.list-manage.com/subscribe?u=0aeb616343625dbd0d696bf1f&id=de6ad6ff97> [4] <mailto:lrodriguez1@arizona.edu> [5] <mailto:elawless@arizona.edu> [6] <mailto:clDavis@arizona.edu>