

## **Put *flourishing* on your list of COVID survival strategies – a live, interactive event**

Flourishing could be something you hadn't thought possible during a pandemic. At our live, interactive event on Tuesday, May 4, 2021, experts will tell you how flourishing is part of positive psychology – and how you can do it now and in the post-COVID future.

Learn about strategies that can help you flourish from:

[Louisa Jewell](#), President and Founder, Canadian Positive Psychology Association

[Mary Ann Baynton](#), Director of Strategy and Collaboration, Workplace Strategies for Mental Health

You'll get answers to these questions and more:

- What's the difference between getting through the pandemic and flourishing?
- How can we cope with the short fuses that come with pandemic fatigue?
- How do we encourage others to reach out for help?

Invite your colleagues, friends and family to join you on Tuesday, May 4 at 1 p.m. ET. It may be the most informative and inspiring 45 minutes of your day!

There's no registration required – just click on the [event link](#) a bit before 1 p.m. on May 4.

Note: This is a Microsoft Teams Live event. Make sure you've downloaded the [Teams app](#) before the webinar.

For French interpretation, please mute your computer audio and call into:

1-647-794-1609 (Canada)

Phone Conference ID: 851 841 345#

**[Add this event in your calendars](#) so you don't miss it!**