Working from Home Programs

With University staff working remotely, discover how to be productive and stay connected when working from home or other remote environments. Browse a list of featured LinkedIn Learning courses. Visit the Harvard Training Portal to select trainings that can be individually at any time.

Working Remotely - Watch this course to learn how to work productively, when and where you want, and achieve the freedom and flexibility you need for a more balanced life.

Time Management: Working from Home - This course offers best practices for anyone who works full-time or occasionally from home. Learn how to set up a dedicated workspace for maximum productivity, how to craft your daily schedule for peak productivity and plan meaningful breaks to avoid burnout.

CWD Programs

Planning in Uncertain Times - August 4th
Optimism - August 5th
The Power of a Positive No - August 5th
Managing Performance and Supporting Employees - August 6th

Retirewise - Pre-retirement Planning (2-day seminar) - This complimentary online workshop will provide you with a step-by-step approach to creating a realistic financial and retirement strategy that works for you over 2 sessions: July 30th and August 6th from 9 am to 12:30 pm. Learn more here.

Building Personal Resilience: Mental Agility - In this workshop on July 29, you will learn what mental agility is, and how your ability to be flexible in your thinking supports resiliency. You will uncover your personal “fixed mindset traps” - ways of thinking that prevent you from operating with a growth mindset. Learn more here.

Diversity, Inclusion & Belonging Anti-Racist Resources

To be an ally is to be an active agent of change. This includes proactively recognizing your privilege, amplifying Black voices, and working towards a permanent social and systemic change. In the words of author Ibram X Kendi, “No one becomes ‘not racist,’ despite a tendency by Americans to identify themselves that way. We can only strive to be anti-racist on a daily basis.”

**ACTION**

- Support Black businesses. Find them on WeBuyBlack, The Black Wallet, and Official Black Wall Street. Another great list is here.
- Join your local Showing up for Racial Justice (SURJ) group. There is a lot of awesome work going on locally – Get involved in the projects that speak to you.

**WATCH**

- How Running’s White Origins Led To The Dangers of ‘Running While Black’ by NPR’s Code Switch
- This video by PBS uses an advanced imaging technique to show you why masks work.

**READ**

- The Case for Reparations by Ta-Nehisi Coates’
- The 1619 Project by Nikole Hannah-Jones

**FOLLOW**

- Antiracism Center: Twitter | Instagram | Facebook
- Audre Lorde Project: Twitter | Instagram | Facebook

**LISTEN**

- The podcast Our National Conversation About Conversations About Race
- Momentum: A Race Forward Podcast features movement voices, stories, and strategies for racial justice
- Listen to the Anti-Racist/Anti-Fascist Education playlist

CONVERSATION

Questions you can ask around the dinner table or during any meal

- Can you think of a time when you may have done something racist, consciously or unconsciously?
- What are some examples of ways you can be an active agent of change in your community?
When Quaker decided to take Aunt Jemima off the red pancake box after 131 years, did it also try to scrub the legacy she represents? And what sort of compensation is appropriate—and to whom—from a brand that maintained that image in public for so long? Listen to the episode here.

Reparations for Aunt Jemima!

When Quaker decided to take Aunt Jemima off the red pancake box after 131 years, did it also try to scrub the legacy she represents? And what sort of compensation is appropriate—and to whom—from a brand that maintained that image in public for so long? Listen to the episode here.

Listen to Wesley Morris and Jenna Wortham the hosts of the podcast, Still Processing, explore the erasure of Aunt Jemima and the reconciliation of the icon.

Rhiannon Giddens and What Folk Music Means

To grasp the significance of what the twenty-first-century folksinger Rhiannon Giddens has been attempting, it is necessary to know about another North Carolina musician, Frank Johnson, who was born almost two hundred years before she was. He was the most important African-American musician of the nineteenth century, but he has been almost entirely forgotten. Never mind a Wikipedia page—he does not even earn a footnote in sourcebooks on early black music. And yet, after excavating the records of his career—from old newspapers, diaries, travelogues, memoirs, letters—and after reckoning with the scope of his influence, one struggles to come up with a plausible rival. Read or listen to the article here.

It’s really settling in now, the losses large and small

Pauline Boss joins Krista to ponder what it means to be living through a collective experience of “ambiguous loss” right now. This is a companion to this week’s On Being rebroadcast of our conversation with Pauline Boss, a family therapist, on navigating loss where there is no closure. How does that work during a pandemic with no end in sight? Listen to this episode here.

The On Being Project is a nonprofit media and public life initiative. They make a public radio show, podcasts, and tools for the art of living. They explore the intersection of spiritual inquiry, science, social healing, community, poetry, and the arts. They’re offering ongoing special content for this moment, including conversations about race and healing, “care packages” for caregivers and uncertain times, and a starting point for the exhausted and overwhelmed. Learn more here.

I Don’t Want to Spread Covid-19. Can I Sit Out the Protests?

How do you balance political progress and public health? Many philosophers would say there’s no easy moral arithmetic that would allow you to compare the two concerns. In 1965, when John Lewis, the young chairman of the Student Nonviolent Coordinating Committee, helped lead a march across the Edmund Pettus Bridge in Selma, Ala., he did not consult first with his physician.

Responsible protesters this summer have worn masks and tried to maintain some distance from one another. But public safety is jeopardized when law-enforcement officials use tear gas and other irritants that cause respiratory problems, leading people to cough or to remove their masks. But not protesting also has significant costs. Read more here.