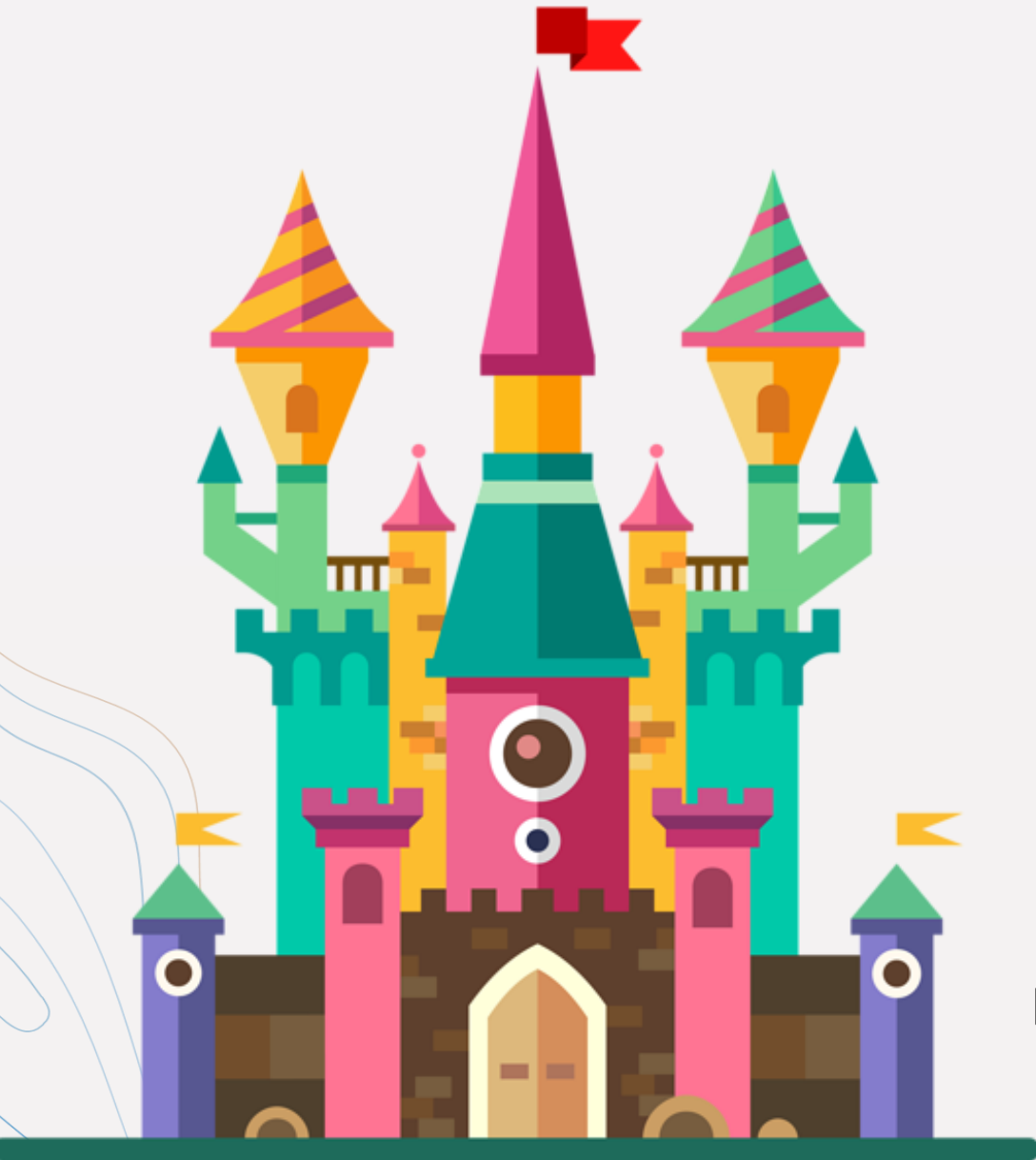




March 2022 Webinar - My Castle/House/ Office/Gym/School during a pandemic, as a single working parent



Mary Kis, AF APMP



My Castle/House/ Office/Gym/School during a pandemic, as a single working parent

Mary Kis, AF APMP
Executive orals coach and Proposal Manager
8 March 2022

Agenda

12:00-12:05pm

Welcome (Melody Tate)

12:05-12:10pm

Kickoff (Mary Kis)

12:10-12:35pm

Breakout room #1 (Mitch Boretz)
Breakout room #2 (Heather Kirkpatrick)
Breakout room #3 (Allison Jenney)
Breakout room #4 (Mary Kis)

12:35-12:55pm

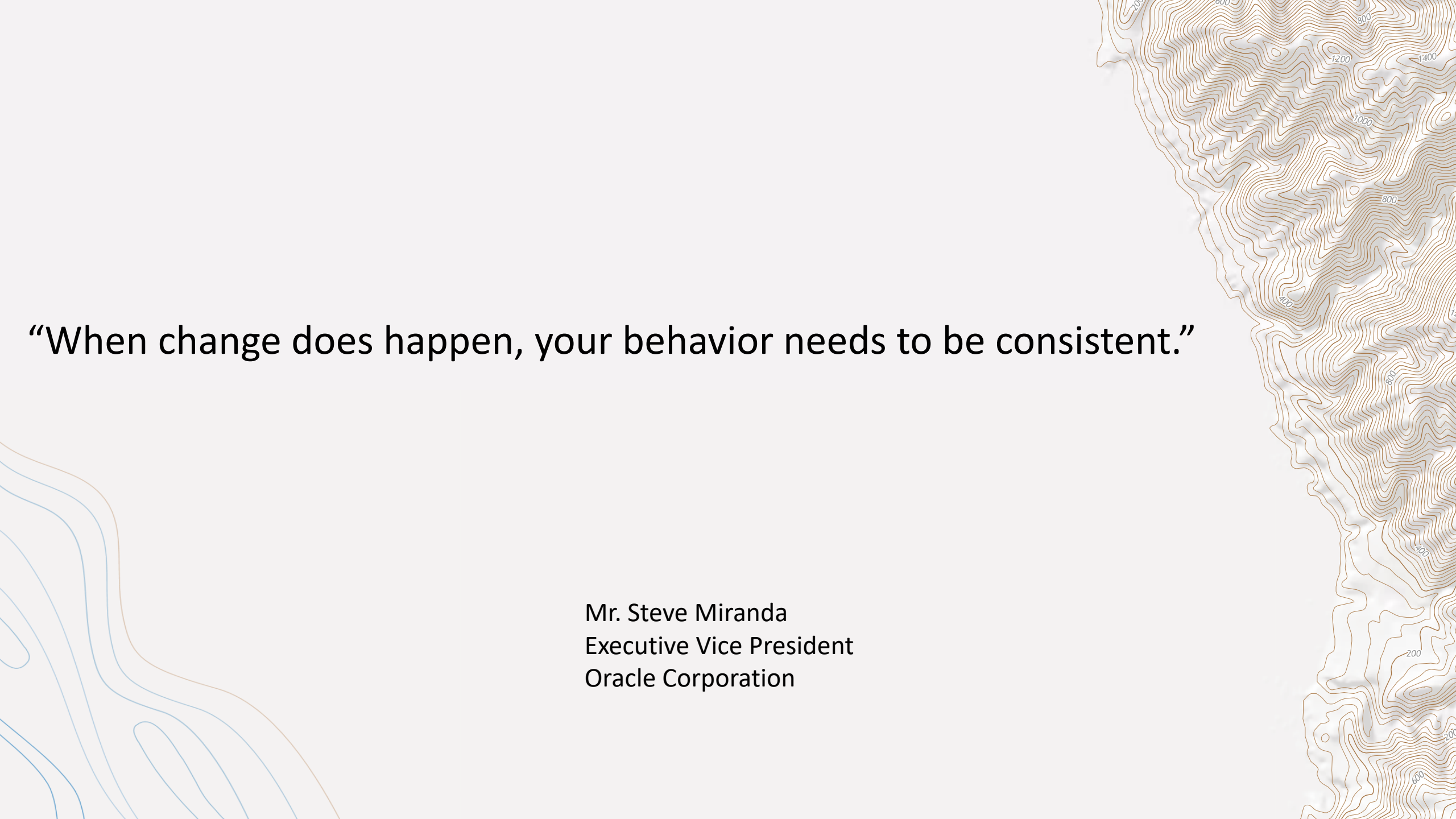
Facilitators debriefs (3 minutes per facilitator)

12:55-1:00pm

Final remarks (Melody Tate)

Discussion

How do you balance and mix work, home, and family priorities during and after a pandemic, all while working at home?

A topographic map background with contour lines. The map is partially visible on the right side and bottom left corner. The contour lines are brown and black, with some lines labeled with numbers like 200, 400, 600, 800, 1000, 1200, and 1400. The map shows a complex terrain with many peaks and valleys.

“When change does happen, your behavior needs to be consistent.”

Mr. Steve Miranda
Executive Vice President
Oracle Corporation

Takeaways



1 Stretching/yoga is important for your physical and mental health.

2 Hiking/walking helps you to think and assess how to handle a challenge in a different way.

3 **“Pause Your mind.”** There’s always another email. Channel your energy in a different way. Make your space your priority.