



FACULTY APPRECIATION AND WELL-BEING DAYS

March 30 – April 3, 2026

A CAFE and Office of the Provost and Vice President for Academic Affairs Collaboration

ALL WEEK LONG

WIN PRIZES! Every time you attend one of the well-being activities listed below, your name will be entered in a raffle.

HEALTHY SNACKS (until they are gone!) Stop by the CAFE kitchen (310A Allen Hall) and grab some snacks to go.

MONDAY, MARCH 30

Wonderful Women @ Work

9:00-10:30 am

Via Zoom @ <https://longwood-edu.zoom.us/my/tannerandersonsl>

Using a proven cycle—set a goal, work for 25 minutes, then take a 5-minute break—you'll repeat the process three times to make real progress on your writing, grading, or research.

Blackwell Talks. Growth Mindset Across the Lifespan: Rethinking Learning, Careers, and Aging in Higher Education

Blackwell Scholar: Amanda M. MacNeil, Ph.D.

12:00-1:00pm

Virginia Room, Maugans

A relaxed, interactive environment is at the heart of what makes Blackwell Talks such an enriching experience. Each Blackwell Scholar will present their research in progress for about 30 minutes, followed by about 20 minutes for discussion and questions. A light lunch is provided.

The Blackwell Talks are sponsored by: Cormier Honors College, College of Education, Health, and Human Services, Cook-Cole College of Arts and Sciences, College of Graduate and Professional Studies, Greenwood Library, and Brock Experience.

Origami, Unplugged!

1:30-3:00 pm

Allen 310—CAFE Lounge

Registration is not required, but you can let us know if you're interested @

<https://forms.gle/UdqKePjeYdNU35jQ9> .

Drop by for a few minutes to put your screens down and learn to fold some origami. We'll provide the materials and the instructions. No previous experience is needed. **Can't make it? We will deliver a kit to your office!** Just note that on the registration form.

TUESDAY, MARCH 31

Wonderful Women @ Work

9:00-10:30 am

Via Zoom @ <https://longwood-edu.zoom.us/my/tracypj>

Using a proven cycle—set a goal, work for 25 minutes, then take a 5-minute break. You'll repeat the process three times to make real progress on your writing, grading, or research.

Guided Meditation

11:00-11:50 am.

Via Zoom @ <https://longwood-edu.zoom.us/j/95744314696>

No experience is required. In 15-20 minutes you can practice a researched-backed technique to support mindfulness and emotional regulation.

Yoga Class

12:30-1:30 pm

CAFE Classroom (Allen 308)

Register @ <https://forms.gle/hcvbGevMwKmhXdt6>

Join Longwood's own Eleanor Kent, a certified yoga instructor, for a standing/chair yoga class in Allen 308. Workout attire is fine or come in regular slacks/pants. Spaces are limited, and registration is required.

WEDNESDAY, APRIL 1

Lunch & Learn: Well-Being Around the World

12:30 - 1:30 pm

Martinelli Board Room. Lunch is provided.

Register @ <https://forms.gle/JHm4Hip4aT8eo4Hi7> by March 25

Global Engagement sponsors a lunch with a panel discussion of health and Well-Being worldwide.

Join the Center for Global Engagement and the Center for Faculty Enrichment as we observe Global Lancers Week and Faculty Appreciation and Well-Being Days with a luncheon celebrating Well-Being Around the World. Enjoy a delicious internationally inspired lunch with your colleagues as we share tips and tricks for self-care and wellness from a variety of locations around the globe.

Work with Meaning and Purpose Workshop

3:00-4:30 pm

Register @ <https://forms.gle/Ash24uRVUakuRN7b8>

Take some time to reflect on why you chose this work, and how you can better align your work with that motivation. Pam Tracy facilitates.

THURSDAY, April 2

Guided Meditation

11:00-11:50 am.

Via Zoom @ <https://longwood-edu.zoom.us/j/95744314696>

No experience is required. In 15-20 minutes you can practice a researched-backed technique to support mindfulness and emotional regulation.

On Retirement: In Their Own Words

3:30 pm-5:00 pm

Allen 308; CAFE snacks follow in Allen 310

Register at <https://forms.gle/oCUNfERK6BrQd4yM9>

If you're within 5-10 years of retirement (or retirement-curious), please join a panel of Longwood retirees for discussion of their experiences.

FRIDAY, April 3

Nature Walk for Health and Wellness

9:00-10:00 am

Meet in front of Bedford Hall on Brock Commons

Register @ <https://forms.gle/Hy6ATKHU2T6o3zuH6>

Join Dr. Adam M. Davis, Multidisciplinary Naturalist and Visiting Assistant Professor, for a walk among nature entities and energies of the Longwood University campus. Along the way, we will have opportunities to appreciate and engage with nature through a variety of techniques: observational, contemplative, meditative, celebratory, and otherwise. Inspiration, renewal, vision, nourishment, creativity, and more can be enhanced and supported through interacting with the natural world. After a brief introduction to what is possible, we will travel through campus, dwell for a while in places, and finish our session with gratitude.