



# Newsletter

April 2024

## City Updates



## City Hall Career Center

**Come to DHR's new location to grow your career**

Open Monday through Friday from 8am to 5pm, the Career Center will assist jobseekers with career exploration and job applications, provide career counseling to City employees interested in growing their careers, and highlight training and educational resources.

The Career Center will offer free workshops on a variety of topics including resume writing, navigating the City's hiring processes, exploring the [SF Careers webpage](#), preparing for interviews and oral exams, and City department spotlights.

DHR staff will also welcome and onboard all new employees at City Hall where they will be fingerprinted and have their photo IDs taken at the Career Center.

For more information, please visit the [City Career Center webpage](#). To view and sign up for Career Center workshops, visit [this page](#).

## City Events & Celebrations



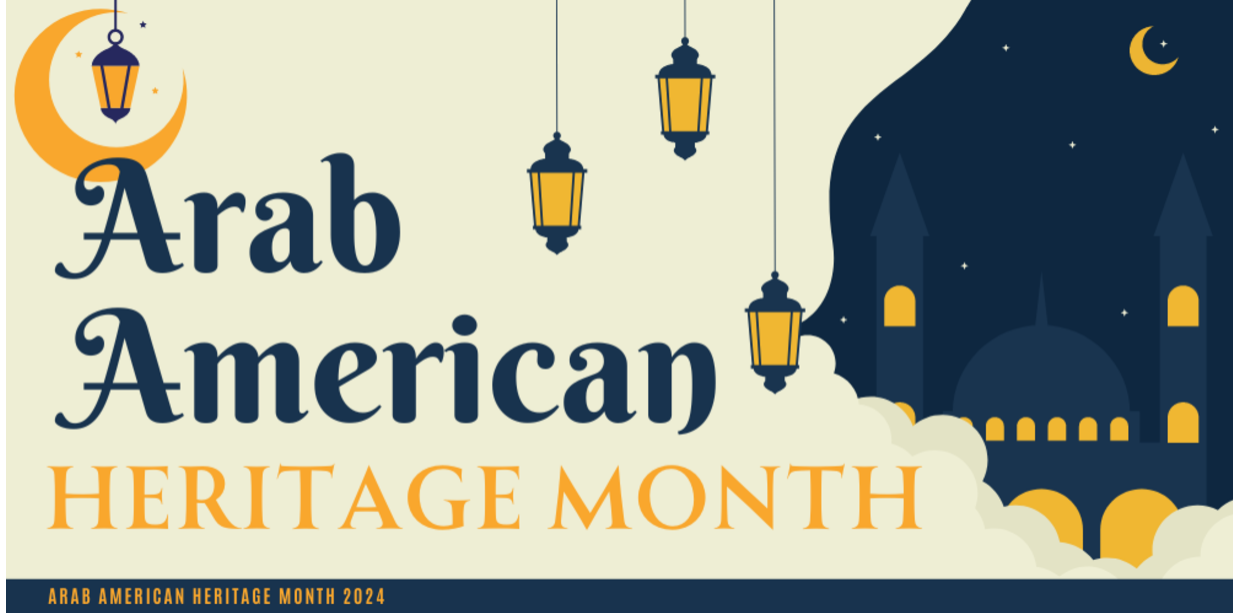
## Earth Day & Earth Month

April is Earth Month, a pivotal period dedicated to fostering our connection with nature, advocating for environmental sustainability, and spotlighting the critical challenges our planet faces. The theme for 2024, "*Planet vs. Plastic*," underscores a global call to action against the plastic pollution crisis that threatens both human and planetary health. This theme emphasizes the urgent need for a 60% reduction in the production of all plastics by 2040, advocating for widespread awareness of plastics' health risks, the rapid phase-out of single-use plastics, a strong push for a UN Treaty on Plastic Pollution, and a demand to end fast fashion.

As we observe Earth Month, let's pledge to make significant changes in our daily lives and advocate for systemic shifts that will ensure a sustainable future for all and contribute to the well-being of our planet and future generations.

Be sure to check out the [2nd Annual SF Climate Week](#) (April 21 to April 27). Throughout the week, groups ranging from nonprofits and City Departments to tech companies will host [over 50 events](#). Over 15,000 people will come together to celebrate and expand our environmental successes. Some other events include:

- [Keep Ocean Beach Clean Cleanup](#) on Saturday, April 6th at 10am
  - [Earth Day Festival](#) on Saturday, April 20th at 10am
  - [SF Climate Week Welcome Ceremony](#) on Monday, April 22nd from 4 to 6:30pm
  - [How SF is Adapting to Extreme Weather](#) (Dept of Emergency Management) on Thursday, April 25th at 6pm
  - [California Native Homeland Festival](#) at the Exploratorium on Saturday, April 27 from 10 to 5pm
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## Arab American Heritage Month

April is also Arab American Heritage Month! This year's theme, "*Celebrating Arab American Resilience and Diversity*," highlights the strength and perseverance of the Arab American community and appreciates the diverse cultural backgrounds and traditions that Arab Americans bring to the collective American experience. As we honor this vibrant community, let's engage in activities that promote understanding, respect, and appreciation for Arab American heritage.

For additional information about events around the Bay Area, check out this resource [here](#).

## Employee Resources

### A Better You, Everyday!

#### Improve Your Sleep for Better Health

Connecting with nature this month is a great way to honor both [Earth Day](#) and [Stress Awareness Month](#) and can help lower stress levels. [Spending 20 - 30 minutes in nature decreases cortisol levels](#). Let Earth Day be a reminder to get outside and take advantage of the ways nature can improve your mental health.

Start with [Walking Meditation](#). It brings together the relaxation of meditation with the energy of movement. When you practice walking meditation, you move with purpose, paying attention to each step and each breath.

Step outside this month and explore events happening across the Bay Area:

- [Earth Day San Francisco](#)
- [Earth Day Mill Valley](#)
- [Earth Day Shoreline Cleanup Oakland](#)
- [National Park Week](#)

**Reduce stress and use your mental & emotional well-being benefits.**

Find ways to relax, sleep better, and reduce anxiety by downloading FREE mental and emotional apps such as Calm, Headspace Care, and MyStrength. [Visit your health plan to learn more.](#)

## Additional Well-Being Resources:

### Well-Being Activities

- [SF Bodhi Meditation Center Sessions](#) - Mondays to Sundays from 9:05pm to 10pm (Virtual)
- [SF Main Library: Meditation](#) - Wednesdays from Noon to 12:30pm (In Person)
- [Midafternoon Meditation](#) - Wednesdays from 2:00pm to 2:20pm (Virtual)
- [Mindfulness & Meditation](#) - Tuesdays & Thursdays from 3:00pm to 3:20pm (Virtual)
- [Tai Chi Series](#) - Thursdays from 11am to noon (In Person)

### Personal Development (Webinars)

- [Forgiving Yourself and Others](#): April 16 from Noon to 1pm
- [Get Stuff Done](#): April 17 from Noon to 12:45pm

### Health & Wellness (Articles & podcasts)

- [Noticing Nature Practice](#)
- [Stress Management](#)
- [Moving Mindfulness](#)

Visit the [SFHSS Events Calendar](#) to stay up to date on new offerings. Questions? Contact Well-Being at [well-being@sfgov.org](mailto:well-being@sfgov.org).

# Professional Development



## Build Your Skills

Mark your calendar and register for various optional professional development and skill building workshops throughout the year offered by DHR's Learning & Organizational Development team!

## APRIL:

**[5 Choices To Extraordinary Productivity](#)** — April 4: One half day, virtual session, 8:30 to 12:30pm

The work session will introduce you to five fundamental choices that dramatically increase your ability to focus on your most important outcomes so you can reclaim your attention, time and energy.

**[Project Management Essentials](#)** — April 10: One day, in person, 8:30 to 4:30pm

Learn how to initiate, plan, execute, monitor, and complete a project successfully.

**[Managing Implicit Bias](#)** — April 11: One half day, virtual session, 8 to 12:30pm

Increase your awareness of how implicit bias can unconsciously impact your thoughts, attitudes, language, and behavior.

**[Effective Presentation Skills](#)** — April 30 & May 2: Two half days, in person, 8:30 to 12:30pm

Practice simple yet effective techniques for improving your next presentation to any audience.

**[Facilitation Skills](#)** — April 30: One half day, virtual session, 8:30 to 12:30pm

Practice a variety of facilitation techniques to strengthen your ability to plan and execute effective, engaging meetings that encourage active participant involvement.

## MAY:

**[Managing Implicit Bias \(Local 21 Members Only\)](#)** — May 7: One half day, virtual session, 8:30 to 12:30pm

Increase your awareness of how implicit bias can unconsciously impact your thoughts, attitudes, language, and behavior.

**[Lead to Succeed](#)** — May 14: One half day, virtual session, 8:30 to 12:30pm

Learn the basics around successful communication and coaching to be more effective in your lead role as you guide and mentor peers.

**[Emotional Intelligence](#)** — May 21 & May 22: Two half days, virtual session, 8:30 to 12:30pm

Develop your emotional intelligence skills for success at work and in life.

## JUNE:

**[Customer-Focused Communicaiton in the Public Sector](#)** — June 4: Two half days, virtual session, 8:30 to 12:30pm

Develop your emotional intelligence skills for success at work and in life.

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