

# NWIR

## *National Women in Roofing*

### Resources While Working from Home

April 2020

1. Webinar archives (member only access):

<https://nationalwomeninroofing.org/home/education/webinars/>

- Equipping Leaders in a Culturally Complex World
- Looking Ahead: The Next Ten Years of Roofing
- Training & Retaining Employees
- Recruiting Talent to Address the Labor Shortage
- Advantaged of Multi-Generational Workforce
- Networking & Netweaving
- Mentoring 101, 102, and 103
- And more!

2. Follow up information from the 3/17/2020 webinar on Emotional Intelligence:

- Self, Love, Beauty blog: <https://www.selflovebeauty.com/blog/>
- The Confident Girl Podcast: <https://soundcloud.com/theconfidentgirlpodcast>
- Oh, Infinite Love videos:  
<https://www.youtube.com/channel/UCdoWPk5XbKSOXSqoEpZSdKg/videos>

In addition to the videos above, *Oh, Infinite Love* has created a webinar series of five 30-minute micro-practices for companies to provide their employees with to help manage stress, fear of the unknown and create connectedness. They recommend that these micro-practices be delivered virtually once a week, for 5 weeks. The consistency of these micro-practices will help cultivate self-awareness, decrease feelings of anxiety and emotional exhaustion, bring people back into the present moment, and improve overall happiness and wellbeing. Additionally, it is an opportunity for teams to come together and connect during this time of isolation.

- Here are the seven micro-practices your company could choose from:
  - **Mindful Meetings:** 5 tips on how to host mindful meetings
  - **Body Scan Meditation:** How to use meditation to bring you back into present moment awareness

- **Well-being Habits:** The 3 step process on how to rewire the brain to create new, nurturing habits
- **Loving Kindness:** Assuming the best of intentions and spreading kindness in the workplace
- **Just Like Me:** Leading others by showing compassion and empathy
- **The Gratitude Guide:** How to use gratitude to motivate others
- **Practice Deep Listening:** The long term impact of deep listening on performance

Please reach out to [ohinfinitelove@gmail.com](mailto:ohinfinitelove@gmail.com) to bring this to your organization or if you have any additional questions.

3. NWiR Infographics: <https://nationalwomeninroofing.org/infographic-series/>

4. NWiR Blog: <https://nationalwomeninroofing.org/blog/>

5. Members Only Blog (member only access): <https://nationalwomeninroofing.org/member-category/member-blog/>

6. NWiR Newsletter Archive: <https://nationalwomeninroofing.org/newsletter-archive/>

7. Information on Councils: <https://nationalwomeninroofing.org/councils/>

If you don't have your member number or can't access the resources, please reach out to the NWiR office at 303-450-3150.

We hope you find these resources helpful, and if you have any ideas for future educational content, please email: [education@nationalwomeninroofing.org](mailto:education@nationalwomeninroofing.org)