



Office of the  
President



February 27, 2023

Dear Colleagues,

The [Spring 2023 President's Speaker Series: A Falcon's Guide to Soaring to New Heights](#) kicks off this Friday. During this series, employees will be provided with expert discussion and insights on how they can master the art of mental, physical, and financial health. Soaring to New Heights will give tips and tricks on creating the ideal work-life balance and raising your overall well-being to new heights.

The first workshop, The Art of Being Mindful - Finding the Space to Lead through Mindful Leadership, is a 3-hour eLearning workshop introducing mindful leadership through simple, everyday practices and applications. Guest Speaker [Janice Marturano \(Founder and Director of the Institute for Mindful Leadership\)](#) will lead the discussion. Together, we will discover simple ways to cultivate greater resilience and presence.

Remember, self-care is not selfish. Invest in yourself and enroll today via your Cornerstone account.

See you Friday!

Jose

Jose L. Fierro, DVM, Ph.D.  
President/Superintendent  
Cerritos College  
11110 Alondra Blvd  
Norwalk, CA 90650