

Azure + Industry Esterra Experiences

Calendar of events



Motivation Mondays (12:00 – 1:00pm)



In-person lunchtime talks to energize and inspire with ideas worth spreading.

Location: 6th floor 6.2 open amphitheatre area in One Esterra

Fireside chat + Q&A hosted by Dr. Renee St. Jacques

- **December 5th** – Gillian Muessig, *The Journey to Category Excellence*
- **December 12th** – Sam Willing, *Compassion is an Action: Going Beyond Empathy*
- **January 9th** – Dat Tran, *Stepping into the Leader Within*
- **January 23rd** – Tameka McNair, *Conquering Uncertainty*
- **January 30th** – Brea Starmer, *Achieving Your Highest and Best Use Case*

Tailgate Tuesdays (4:00 – 5:00pm)



Bring a beverage of your choice to enjoy. Snacks will be provided.

Location: 6th floor kitchen in One Esterra

- **December 13th**
- **January 10th**
- **January 24th**

Wellness Wednesdays (12:00 – 1:00pm)



An opportunity to invest in your health and well-being while listening to an expert to ensure you are maintaining balance in your life.

Location: 6th floor 6.2 open amphitheatre area in One Esterra

- **January 25th** – Marriot Winqvist, *Finding Joy in your Work*

Thoughtful Thursdays (2:30 – 3:30pm)

Complimentary mindful movement sessions hosted by certified yoga instructor, Brian Charlton.

Location: 4th floor yoga room in One Esterra

- **December 8th**
- **January 5th**
- **January 19th**

