

Item No.	Key Message	Email
1	<p>Manage Your Mind First</p> <p>We are in crisis, in a disruption. Our emotions is heightened. Fear and stress can really get to us. Beat it with the power of mindfulness.</p> <p>In this video, Mr. Jeremy Hunter, founding director of the Executive Mind Leadership Institute, discusses how mindfulness can reduce stress, improve the management of emotions, and improve overall performance. Here's the video link: https://www.cfainstitute.org/en/research/multimedia/2016/manage-your-mind-first-the-promise-of-mindfulness-in-the-age-of-disruption</p> <p>#cfasocietyphilippines #mindfulness #wellbeing #investmentprofessional</p>	<p>Send e-blast using the text and link. No need to include hashtags.</p>
2	<p>Why Investors Must Understand and Manage Chronic Stress</p> <p>Stress is on the rise especially in the pandemic that we are all currently facing.</p> <p>In this episode, Mithu Storoni, an eye surgeon who holds a PhD in neuro-ophthalmology and author of the book Stress-Proof, explains that chronic stress is changing the structure of the brain, thinning the part that carries the seat of sophisticated decision making, and this is a problem for investors.</p> <p>Watch this Take 15 Series video by logging-on to your CFA Institute account. Here's the link to the video: https://www.cfainstitute.org/en/research/multimedia/2018/why-investors-must-understand-and-manage-chronic-stress</p> <p>#cfasocietyphilippines #investors #stressmanagement #wellbeing</p>	<p>Send e-blast using the text and link. No need to include hashtags.</p>
3	<p>Meditation Guide for Investment Professionals (members only)</p> <p>In this time of crisis, practicing mindfulness is a big help. Meditation can help reduce stress, improve mental focus and creativity, promote ethical behavior, and overcome behavioral biases. Learn a framework for beginning meditation practice for investment professionals (members only).</p> <p>Log-in to your CFA Institute account to access this online course at http://mmd.cfainstitute.org/courses/MeditationGuide/story_html5.html</p> <p>#cfasocietyphilippines #mindfulness #membersonly #wellbeing #investmentprofessional</p>	<p>Send e-blast using the text and link. No need to include hashtags.</p>
4	<p>Developing and Demonstrating Leadership Presence</p> <p>COVID-19 has changed a lot of things. This include the way we do things at work. More so, the way we lead.</p> <p>Executive coach and leadership development specialist, Christiane St-Amour, discusses the concept of leadership presence, why it's important no matter one's role, how it changes over the course of one's career, and the linkage with emotional intelligence.</p> <p>Access this Take 15 Series thru your CFA Institute account at https://www.cfainstitute.org/en/research/multimedia/2019/developing-and-demonstrating-leadership.</p> <p>#cfasocietyphilippines #leadershippresence #emotionalintelligence #wellbeing #investmentprofessional</p>	<p>Send e-blast using the text and link. No need to include hashtags.</p>

5	<p>The Art of Stillness</p> <p>New York Times bestselling author and Ted Talk regular, Pico Iyer discusses the importance of silence for all of us in the modern world. With everything going on around us, how can the art of stillness help us in this time of crisis.</p> <p>The Take 15 Series is a series of short interviews with leading practitioners on timely topics focused on the investment profession. To access the video, log-on to your CFA Institute account. Link to the video: https://www.cfainstitute.org/en/research/multimedia/2018/art-of-stillness</p> <p>#cfasocietyphilippines #stillness #wellbeing #investmentprofessional</p>	Send e-blast using the text and link. No need to include hashtags.
6	<p>Managing Yourself and Your Career</p> <p>What is emotional intelligence? What do we change our behavior for the best? How can we recover from setbacks?</p> <p>This Take 15 series with Sonya Stoklosa who is an executive coach and founded Executive Athlete, LLC discusses these. Access this by logging-on to your CFA Institute account. Here's the link to the video: https://www.cfainstitute.org/en/research/multimedia/2019/managing-yourself-and-your-career</p> <p>#cfasocietyphilippines #emotionalintelligence #recoverfromsetbacks #manageyourself #wellbeing #investmentprofessional</p>	Send e-blast using the text and link. No need to include hashtags.
7	<p>Dr. Daniel Goleman, best-selling author of Emotional Intelligence and A Force For Good, the Dalai Lama's Vision for Our World, discusses the role of empathy in emotional intelligence and ways emotional intelligence can help finance professionals succeed and be a force for good.</p> <p>The Take 15 Series is a series of short interviews with leading practitioners on timely topics focused on the investment profession. Log-on to your CFA Institute account to watch the video interview. Here's the link: https://www.cfainstitute.org/en/research/multimedia/2016/emotional-intelligence-empathy-and-being-a-force-for-good</p> <p>#cfasocietyphilippines #emotionalintelligence #beingaforceforgood</p>	Send e-blast using the text and link. No need to include hashtags.
8	<p>An Overview of Work Anxiety</p> <p>Work anxiety refers to stress caused by work that leads to anxiety, or the impact of an anxiety disorder at work. Either way, work anxiety can have negative effects and must be addressed to prevent poor outcomes both for employees and organizations.</p> <p>#cfasocietyphilippines #copewithworkanxiety #wellbeing</p>	Send e-blast using the text and link. No need to include hashtags.

Social Media	Person-In-Charge & Tasks involved	Deadline	Update Trello
Request Rey to create an artwork that will be used for social media.	Rey: Promotional ad and send eblast. Precious: Post in Facebook, Twitter and LinkedIn	April 1, 2020	
Request Rey to create an artwork that will be used for social media.	Rey: Promotional ad and send eblast. Precious: Post in Facebook, Twitter and LinkedIn	April 4, 2020	
Request Rey to create an artwork that will be used for social media.	Rey: Promotional ad and send eblast. Precious: Post in Facebook, Twitter and LinkedIn	April 8, 2020	
Request Rey to create an artwork that will be used for social media.	Rey: Promotional ad and send eblast. Precious: Post in Facebook, Twitter and LinkedIn	April 11, 2020	

Request Rey to create an artwork that will be used for social media.	Rey: Promotional ad and send eblast. Precious: Post in Facebook, Twitter and LinkedIn	April 15, 2020	
Request Rey to create an artwork that will be used for social media.	Rey: Promotional ad and send eblast. Precious: Post in Facebook, Twitter and LinkedIn	April 18, 2020	
Request Rey to create an artwork that will be used for social media.	Rey: Promotional ad and send eblast. Precious: Post in Facebook, Twitter and LinkedIn	April 22, 2020	
Request Rey to create an artwork that will be used for social media.	Rey: Promotional ad and send eblast. Precious: Post in Facebook, Twitter and LinkedIn	April 25, 2020	

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1	<p>Navigating New Realities in Today's Connected Markets</p> <p>CFA Institute is convening a special online discussion that draws together experts to explain how global businesses are adapting, which central bank tools will support chaotic capital markets, and what may come next. The COVID-19 global pandemic involves a convergence of forces that affect geopolitics, macroeconomics, and logistics — a diverse range of perspectives will be necessary for crafting an effective response. Join us on 16 April 2020 at 1:00 PM EDT for an online panel discussion.</p> <p>Register now: https://info.cfainstitute.org/CFAMHp-Landing-Page_CFAMHp-Landing-Page.html</p> <p>#cfasocietyphilippines #covid19 #implications #globalpanel</p>	Request Rey to create an artwork that will be used for social media.
2	<p>Making Virtual Meetings Work April 7, 2020, 10:00-11:00 a.m. (EDT) CE Credit: 1.0</p> <p>While it can be challenging to stay focused and avoid multi-tasking, applying certain techniques can transform virtual meetings into productive and positive experiences.</p> <p>Join us to learn proven best practices and hear practical examples that can help you run more effective virtual team and client meetings.</p> <p>Register now: https://www.cfainstitute.org/en/events/webinars/making-virtual-meetings-work</p> <p>#cfasocietyphilippines #virtualmeeting #professionaldevelopment</p>	Request Rey to create an artwork that will be used for social media.
3	<p>Giving Voice to Values Ethics in Action 08 Apr 2020, 12:00 pm - 1:00 pm EDT CE Credit: 1 CE, 1 SER</p> <p>Are you confident you could speak your mind when you know what's right? Join us on 8 April 2020 at 12:00 noon EDT to learn about Giving Voice to Values (GVV), a road map for how to effectively act on your ethical principles in the context of your professional responsibilities.</p> <p>Register now: https://www.cfainstitute.org/en/events/webinars/giving-voice-values-ethics-action</p> <p>#cfasocietyphilippines #ethics #givingvoicetovalue #cfasocietyphilippines</p>	Request Rey to create an artwork that will be used for social media.

4	<p>Webinar: Climate risk and ESG disclosures Discussion on ESG disclosures in the region and challenges investors face 09 Apr 2020, 10:30 am - 11:30 am HKT CE Credit: 1 CE</p> <p>How is climate change integrated into investment practice?</p> <p>In this webinar, we have invited Matt Orsagh, CFA, Senior Director, Capital Markets Policy, CFA Institute, to illustrate what leading firms are doing to address climate change, the economic impacts of it and best practices of integration. Matt's presentation is followed by a panel discussion focusing on ESG disclosures in the region and challenges investors face.</p> <p>Register now: https://www.cfainstitute.org/en/events/webinars/09042020-Web-climate-change-ESG-disclosures</p> <p>#cfasocietyphilippines #cfainstitute #climaterisk #esgdisclosures #investmentmanagement</p>	<p>Send e-blast using the text and link. No need to include hashtags.</p>
5	<p>Sales Inducements in Asia Pacific A review of sales and distribution of mutual funds April 24, 2020 (Friday), 12:30-13:30 (HKT)</p> <p>The sale and distribution of mutual funds and other investment products have undergone significant changes since the global financial crisis. Mis-selling scandals, profit pressures, regulatory scrutiny, technological disruptions, and growth of high net worth clients are some of the factors that have contributed to changes in business models and strategic directions. Recently, CFA Institute published a report "Sales Inducements in Asia Pacific: A review of the sales and distribution of mutual funds in selected Asia Pacific markets". The report contains a review on regulatory and industry practices around fees and commissions, duty of care, investor protection, focusing on four Asia Pacific markets – Australia, Hong Kong, Singapore and India. This session will draw on the report to provide an global overview, and how markets are grappling with common issues.</p> <p>Register now: https://zoom.us/webinar/register/WN_CLRnn_MfQPSfE0wleXzsGg</p> <p>#cfasocietyphilippines #salesinducements #asiapacific #webinar</p>	<p>Send e-blast using the text and link. No need to include hashtags.</p>
6	<p>15 Apr 2020, 5:00 pm - 5:30 pm BST CE Unit/s: 1 CE</p> <p>Accurate data is the key to making better investment decisions, and understanding the current facts about the new Coronavirus outbreak is important for understanding today's capital markets.</p> <p>Join Professor David Heymann, infectious disease specialist and advisor to the World Health Organization, for an online event discussing the most recent information we have about COVID-19. This is a repeat session.</p> <p>Here's the link to the webinar: https://www.cfainstitute.org/en/events/webinars/repeated-what-do-we-know-about-the-</p>	<p>Send e-blast using the text and link. No need to include hashtags.</p>

7	<p>13 May 2020, 12:00 pm - 1:00 pm EDT CE Credit: 1 CE, 1 SER</p> <p>The Introduction to Ethical Decision Making webinar introduces the Ethical Decision Making Framework and how to apply it.</p> <p>Register now: https://www.cfainstitute.org/en/events/webinars/ethical-decision-making-intro-recurring</p> <p>#cfasocietyphilippines #ethicaldecisionmaking #ethics</p>	<p>Send e-blast using the text and link. No need to include hashtags.</p>
8	<p>Ethical Decision-Making Part 2: Exploring Additional Case Studies 10 Jun 2020, 12:00 pm - 1:00 pm EDT CE Credit: 1 CE, 1 SER</p> <p>The Exploring Additional Case Studies webinar builds on the introductory webinar, using additional case studies to practice applying the framework.</p> <p>Register now: https://www.cfainstitute.org/en/events/webinars/exploring-additional-case-studies-recurring</p> <p>#cfasocietyphilippines #ethicaldecisionmaking #ethics</p>	<p>Send e-blast using the text and link. No need to include hashtags.</p>
9		<p>Send e-blast using the text and link. No need to include hashtags.</p>

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	Tasks involved		
<p>Rey: Promotional ad and send eblast. Precious: Post in Facebook, Twitter, Instagram and LinkedIn</p>	<p>Rey: Promotional ad and send eblast. Precious: Post in Facebook, Twitter, Instagram, and LinkedIn</p>	<p>April 6, 2020 / 12:00 n.n.</p>	
<p>Rey: Promotional ad and send eblast. Precious: Post in Facebook, Twitter, Instagram and LinkedIn</p>	<p>Rey: Promotional ad and send eblast. Precious: Post in Facebook, Twitter, Instagram, and LinkedIn</p>	<p>April 6, 2020 / 6:30 p.m.</p>	
<p>Rey: Promotional ad and send eblast. Precious: Post in Facebook, Twitter, Instagram and LinkedIn</p>	<p>Rey: Promotional ad and send eblast. Precious: Post in Facebook, Twitter, Instagram, and LinkedIn</p>	<p>April 7, 2020 / 12:00 n.n.</p>	

Request Rey to create an artwork that will be used for social media.	Rey: Promotional ad and send eblast. Precious: Post in Facebook, Twitter, Instagram, and LinkedIn	April 8, 2020 / 12:00 n.n.	
Request Rey to create an artwork that will be used for social media.	Rey: Promotional ad and send eblast. Precious: Post in Facebook, Twitter, Instagram, and LinkedIn	April 13, 2020 / 12:00 n.n.	
Request Rey to create an artwork that will be used for social media.	Rey: Promotional ad and send eblast. Precious: Post in Facebook, Twitter, Instagram, and LinkedIn	April 14, 2020 / 12:00 n.n.	

Request Rey to create an artwork that will be used for social media.	Rey: Promotional ad and send eblast. Precious: Post in Facebook, Twitter, Instagram, and LinkedIn	April 20, 2020 / 12:00 n.n.	
Request Rey to create an artwork that will be used for social media.	Rey: Promotional ad and send eblast. Precious: Post in Facebook, Twitter and LinkedIn	May 25, 2020 / 12:00 n.n.	
Request Rey to create an artwork that will be used for social media.	Rey: Promotional ad and send eblast. Precious: Post in Facebook, Twitter and LinkedIn		







