



WEEK OF **GRATITUDE** SEPTEMBER 27 - OCTOBER 1, 2021

MONDAY

WAKE UP WITH BDO: COLOMBIAN COFFEE TOUR

12:00-12:45 pm ET

Limit: 100

[REGISTRATION >](#)

You may be sitting at your desk on this Monday morning, but we'll transport you to the mountains of Colombia where you'll take a private tour of a 170 year-old, family-owned hacienda and learn how your morning "must-have" gets to your cup. We will be introduced to coffee's origins and how it became the world's most consumed drink. Then, our guide will lead us in a walk amongst the coffee trees to learn how they harvest, peel and dry the coffee cherries. Finally, we will see how you can roast coffee at home with very simple items. Fill your mug and join us to learn about the process of famous Colombian Coffee!

WORK BOUNDARIES – HOW SELF-CARE AND AWARENESS CAN TRANSFORM YOUR WORK

4:30-5:30 pm ET

Limit: 300

[REGISTRATION >](#)

Too often the lines between personal and work responsibilities blur, and too often the former accommodates the latter. Work boundaries provide energy, clarity, and effectiveness. This session offers hands-on exercises to help you execute practical strategies and tools to support your success both professionally and personally. We'll explore how to harness the power of boundaries and the impact it can have on work outcomes, effectiveness and connection with colleagues and clients.

TUESDAY

HEALTHY HABITS FOR STRESS MANAGEMENT

1:00-1:45 pm ET

Limit: 1,000

[REGISTRATION >](#)

So many of us are feeling stressed over what's going on in our lives, work and the world. This 45-minute workshop will offer ideas on how to cope. Stress can severely impact the workplace, affecting not only productivity, but also the emotional and physical well-being of employees. Lighthouse Consulting Services will explore what stress is, its psychological impact, and ways to manage it more effectively, including helpful tips and exercises.

"THE OFFICE" TRIVIA

4:00-5:00 pm ET

Limit: 300

[REGISTRATION >](#)

Bears, Beets and BDO Alliance USA. Do you know which employee Michael Scott hit with his car? Who really started the office fire? What is the name of the company who bought out Dunder Mifflin? If you think you know, then join us for The Office Trivia Night! Either compete on your own, or if your firm is back in the office, gather in a conference room and compete together as a team! Prizes will be awarded to the winners!

WEDNESDAY

EXPERIENCE THE BEAUTY OF PRAGUE: LIVE TOUR OF OLD TOWN

12:00-1:00 pm ET

Limit: 100

[REGISTRATION >](#)

You're in for a treat! Our private tour guide will uncover the must-see sites of historic Old Town Prague in a live walking tour packed with rich history, cultural insights and tips, and captivating views of the city's best highlights. Taking in the postcard-perfect views of Prague Castle from the river, we'll explore the iconic Charles Bridge, the Old Town Square, Tyn Church, and the historic Golden Tiger Pub, among other sites. We'll discover Prague's beautiful medieval sites, traditional and modern culture, and history from a local insider.

HOW TO BUILD THE PERFECT CHARCUTERIE BOARD

5:00-6:00 pm ET

Limit: 300

[REGISTRATION >](#)

You've seen those creative charcuterie boards at parties, in stores and online, but where do you start when making your own? Learn how to create a fall-themed board with lifestyle blogger and expert arranger Emily Schmidt of [Gathered Living](#). Served as a meal or appetizer, charcuterie is an assortment of meats, cheeses, artisan breads, fruits, nuts and other ingredients artfully arranged on a serving board. It's easier than you think! We'll provide a shopping list to prep and actively participate with the group, or you'll find it's equally entertaining to just watch and take notes as well. Impress your family and guests this Thanksgiving with this new skill!



WEEK OF GRATITUDE

THURSDAY

IMPROVE YOUR GOLF GAME FROM HOME

12:00 pm-1:00 pm ET

Limit: 300

[REGISTRATION >](#)

Use everyday items you can find in your home to learn and improve your golf game! We will take you through real PGA Pro drills using everyday items you can find in your house in a light-hearted, funny, and educational class. Follow along with the instructor through multiple practice drills & games, or just sit back and enjoy the class and take notes for future reference.

What to bring: If you'd like to participate along with the instructor, please come prepared with the following items: Sand wedge, a putter, one golf ball, new toilet paper roll, \$.25 (quarter), book, coffee pod, Post-it note stack, hand towel, laundry basket, wristwatch, a chair, and a facemask.

FINDING SUCCESS AND BALANCE: WHERE YOUR VALUES, TALENTS AND INTERESTS INTERSECT

3:00-3:45 pm ET

Limit: 300

[REGISTRATION >](#)

When you're building a career, a family, a client base and a life, sometimes it seems as if it's never going to come together. Competing priorities, everyday stresses, urgent demands...how do you keep calm, maintain balance and stay focused on your personal values? Join us for a conversation with Kevin Patterson, BDO Assurance Office Managing Partner, busy dad, husband-to-successful career wife, business developer, auditor, coach, leader and all around nice guy. He will share the story of how he has been able to find a place that fits him professionally and personally, while being careful not to sacrifice what is valuable to him. That practice has given him a reputation for excellence, professionalism, and personality, as well as the leadership of BDO's Detroit office.

FRIDAY

SECRETS OF MAGIC: HOSTED BY AN AMERICA'S GOT TALENT CONTESTANT

1:00 pm – 2:00 pm ET

Limit: 100

[REGISTRATION >](#)

Join Martin Rees, upcoming contender in America's Got Talent Extreme, in the Secrets of Magic Classroom where you'll take part in a mind-blowing magic show with everyday objects. After his show, it's your turn to give it a go...

Martin will share some of the inner secrets of magic, including tricks you've just witnessed him perform. But this experience won't just be about learning tricks, we'll also explore the psychology that turns a trick into a piece of magic.

To maximize your experience, each person needs to bring the following items to the session;

- ▶ Deck of playing cards (games such as 'Uno', tarot cards or even a stack of business cards can be used)
- ▶ A coin (preferably a larger coin of your chosen currency but any coin will do)
- ▶ Roll of toilet paper (it is the tissue we will need, not the cardboard tube!)
- ▶ Something to use as a 'magic wand' (free to get creative as funny wands get a shout out!)



Be sure to take pictures and videos of your firms participating in these events and use the hashtag **#WeekofGratitude**.

We will be picking firms to feature on social media throughout the week.

Follow us on social to see your firms being featured and to stay up to date on Alliance events:

