



Branch Out Week is June 12 – 18, 2023!

This week-long celebration of NYBG Staff is designed to provide professional development opportunities, build community, and familiarize us with the draft Strategic Plan.

Drop-in events, highlighted in green, do not require registration and you are free to drop by as your schedule permits. Other sessions have limited capacity and you must register in advance. Registration will be open from Thursday, May 25 through Tuesday, June 6. You are invited to sign up for up to 2 registered events each day.

If a session's capacity is exceeded, participants and waitlist will be selected at random. The Branch Out Week Committee will confirm your registration for events via email by Friday, June 9. If you are waitlisted for a session, you may be offered a space in an alternative session.

Employees interested in attending or participating in these programs and events during work hours need to request their managers' approval.

Monday, June 12, 2023

All-Staff Meeting

9:15 – 10 a.m.

Ross Hall

Join us for the kickoff of Branch Out Week, along with an overview of the draft Strategic Plan and a preview to NYBG's upcoming rebranding.

No Registration Required!

Herbarium Open House: Bronx History

10 – 11 a.m.

Steere Herbarium

Launch Branch Out Week and get excited for Bronx Day (June 19) by joining Herbarium staff for an open house exhibit highlighting Bronx history through plants.

Branch Out-ing

1 – 4 p.m.

Daffodil Hill

Join us for a celebration of NYBG Staff! There will be music, games, giveaways, delicious lunch options from Bronx Night Market, and so much more!

Tuesday, June 13, 2023

Overnight Staff Appreciation Breakfast
7 – 8 a.m.

No Registration Required!

Watson Lunch Room

To thank you for your dedication to NYBG, drop by for a continental breakfast and table-top exhibit from the Herbarium highlighting specimens related to the Ebony G. Patterson exhibition.

Nature Walk with Gabriel Willow

8:15 – 9:15 a.m.

Gabriel Willow is a naturalist with a particular passion for birds and urban spaces. Join Gabriel to get to know the birds and other wildlife across NYBG grounds. *This session is also offered on Thursday, June 15 at 4 p.m.*

Writing Effective Emails

9 – 9:30 a.m.

General Counsel Justin Jamail shares his tips and tricks for getting the responses you need from your emails, and how to avoid embarrassing email blunders.

Forest Bathing

9 – 10 a.m.

Allow yourself to be fully present as you bathe your senses in the sights, smells, sounds, and sensations of the Thain Family Forest with forest bathing experiences, known as *shinrin-yoku* in Japan. *This session is also offered on Friday, June 16 at 12 p.m.*

Library Conservation Tour

10 – 11 a.m.

Join Library staff for a tour of the conservation lab, and the hard work that goes into preserving our collections.

Conflict Resolution: Facing the Problem

10 – 11 a.m.

Participants will learn how to identify and avoid triangulating others in the workplace into conflict and address the person(s) directly. They will also learn how to formulate confrontation and how to regulate emotions before, during, and after. Lastly, participants will learn how to process through “fear cycles” that can keep us stuck and cause us to not confront issues when we need to. Presented by Flurish.

Financial Footsteps: Getting it Right in Your 20s and 30s

11 a.m. – 12 p.m.

In this workshop, learn how to better navigate life events by developing good savings habits, managing student loans, understanding credit scores and learning investment basics, including taxes and retirement plans. Presented by MetLife. *A workshop geared toward older generations is available on Thursday, June 15 at 11 a.m.*

Bronx River Watershed Tour and Discussion

11 a.m. – 12 p.m.

On this walking tour, hear from Arthur Ross VP for Horticulture and Living Collections Todd Forrest about the Bronx River Watershed and plant-based strategies we can undertake to increase the River's health and resilience.

Workout on Daffodil Hill

12 – 12:30 p.m. and 12:30 – 1 p.m.

Led by Avery Rosa, MS, CSCS, these 30-minute fitness classes will put your strength and endurance to the test! Be prepared for an all-out muscle burner, suitable for all skill-levels from beginners to the more advanced. *Sessions are also offered on Thursday, June 15 at 1 and 1:30 p.m.*

Avocado Toast Station

12 – 1 p.m.

Watson Lunch Room

Stop by between 12 and 1 to enjoy a delicious and nutritious avocado toast—the perfect snack any time of day. A nutrition coach will be on-hand with recipe guides to take home. Presented by Flurish. *This session is also offered on Thursday, June 15 at 12 p.m.*

No Registration Required!

Bring Your Own Lunch – Strategic Plan Discussions

12 – 1 p.m. and 1 – 2 p.m.

Mosholu Solar Canopies

Drop in on your lunch break at either 12 or 1 p.m. to catch up with colleagues, learn more about the Strategic Plan, and share your thoughts. Each hour will feature discussion about one Strategic Plan initiative.

- 12 p.m.: **Bronx Green-Up Expansion.** Facilitated by Ursula Chanse, Senior Director of Bronx Green-Up and Community Horticulture, and Aaron Bouska, VP for Government & Community Relations.
- 1 p.m.: **New NYBG.org.** Facilitated by Ariel Handelman, AVP of Marketing and Audience Strategy, and Michael Crowley, Chief Marketing Officer.

Nolen Greenhouse Tour

1 – 2 p.m.

Take a look behind-the-scenes of our state-of-the-art production greenhouses, home to many of our living collections and where we grow so many of the plants you see in our exhibitions. *This session is also offered on Thursday, June 15 at 1 p.m.*

Pre-Historic NYBG & Urban Conservation Talk

2 – 3 p.m.

Ross Hall

Come ride a time machine into the ecological past of the landscape that became the New York Botanical Garden! Combining landscape ecology techniques with historical research, the inaugural Vice President of Urban Conservation, Dr. Eric W. Sanderson, will discuss what he and his team have uncovered about this site in 1609 and before. Afterwards, we will have an open discussion about how understanding historical ecology and change can help us imagine different futures for the garden, the borough, and the city. All are very welcome.

No Registration Required!

Level Up on Job Description Writing

3 – 4 p.m.

Calling all managers! Join Raquel Nazario, VP for HR and Chief Diversity Officer, and Jennifer Colon, Director, HR, as they outline the essential components of a job description to attract a broad range of qualified candidates and provide a clear understanding of what the duties and responsibilities are for a particular position. This session will be interactive, so bring your enthusiasm and a copy of a job description that needs a refresh!

Tech Hardware 101

3 – 4 p.m.

IT staff lead a crash course on the makeup and purpose of various components of your PC.

First Aid Basics

3 – 4 p.m.

Director of Security Chris Daniello shares a condensed first aid course designed to help you know how to administer care during an emergency. This is not a certification course. *This session is also offered on Wednesday, June 14 at 1 p.m.*

Yoga Basics

4 – 4:30 p.m.

This brief, gentle course introduces and builds a strong foundation for yoga poses and progresses in difficulty.

Twilight Tram with Trivia (and Prizes!)

5 – 6 p.m.

Join us for fun tram tour with trivia questions and prizes—all before the sun sets.



Wednesday, June 14, 2023

**30% Off NYBG Shop
All Day**

It's time to buy that item you've had your eye on! Today, employees get 30% off, both in-person at NYBG Shop and online using your NYBG email.

No Registration Required!

**NYBG Farmers Market - \$10 for Staff!
10 a.m. – 3 p.m.**

Mosholu Entrance

Stop by our table at the NYBG Farmer's Market to collect a voucher for \$10 to use at any vendor, today only.

Mosholu Parkland Cleanup Volunteer Session

9 a.m. – 12 p.m.

Employees are invited to join the [Friends of Mosholu Parkland](#) to help clean up Mosholu Boulevard Parkland, showing our pride and support of our neighborhood and keeping the path to NYBG beautiful. Bring your favorite work gloves and wear appropriate attire.

Stretch and Tone

9:15 – 9:45 a.m.

Join us for gentle toning core work combined with full body stretches to increase core strength and improve flexibility. Presented by Culture of Fit.

...things come to thrive...in the shedding...in the molting...

Conservatory Exhibition Tour

9:30 – 10:30 am

This one-hour tour is the first of a two-part series on the Ebony G. Patterson exhibition. This tour will focus on the Conservatory and Conservatory Lawn components of the exhibition. *There is a tour of the art galleries on Friday, June 16 at 9 a.m.*

CIRS and Transamerica Explainer

10 – 11:15 a.m.

Want to better understand NYBG's pension and retirement plans? This session will give an overview of the various tools available on your journey to financial wellness.

Introduction to Mindful Meditation

10 – 10:30 a.m.

Designed for beginners, but appropriate for all levels of practice, this class starts by teaching the basics while providing tools on how to create and maintain a regular meditation routine. Presented by Culture of Fit.

Headshot Sessions

11 a.m. – 12 p.m.

You've got a lot of great selfies, but do you have a professional headshot? Have your portrait taken by NYBG's own Photographer and Digital Media Manager, Marlon Co to spruce up your profiles.

Additional sessions are scheduled for Saturday, June 17, at 9 a.m.

Library Rare Books Tours

11 a.m. – 12 p.m. and 12 – 1 p.m.

You're invited to see some of the Mertz Library's greatest treasures on an exciting tour of the Rare Books Room.

Bring Your Own Lunch – Strategic Plan Discussions

12 – 1 p.m. and 1 – 2 p.m.

Pfizer Lab Terrace

Drop in on your lunch break at either 12 or 1 p.m. to catch up with colleagues, learn more about the Strategic Plan, and share your thoughts. Each hour will feature discussion about one Strategic Plan initiative.

- 12 p.m.: **Comprehensive Master Planning.** Facilitated by Ursula Hoskins, VP for Capital Planning, Construction, and Operations, and Lauren Turchio, Chief Operating Officer.
- 1 p.m.: **Urban Conservation Strategy.** Facilitated by Dr. Eric W. Sanderson, Vice President of Urban Conservation, and Jennifer Bernstein, CEO and The William C. Steere President.

No Registration Required!

Pruning Basics

1 – 2 p.m.

NYBG Gardener Michele Haber leads this hands-on workshop to show you how, what, when, and why to prune your plants to rejuvenate and maintain them within your garden. *This session is also offered on Friday, June 16 at 1 p.m.*

First Aid Basics

1 – 2 p.m.

Director of Security, Chris Daniello, shares a condensed first aid course designed to help you know how to administer care during an emergency. This is not a certification course.

Intro to Excel

2 – 3 p.m.

Sharon Romero, Manager of Enterprise Applications, and Timothy Gordon, Desktop Support Specialist, will lead a workshop for Microsoft Excel. Attendees will have the opportunity to submit questions in advance.



Edible Academy Fresh from the Garden Tastings

2 – 2:40 p.m. and 4 – 4:40 p.m.

Enjoy a cooking demonstration featuring recipes celebrating the plants grown in the Edible Academy, with samples to follow.

Thain Family Forest Tour

2 – 3 p.m.

Tour New York City's largest old-growth forest with Eliot Nagele, Director of the Thain Family Forest.

This session is also offered on Thursday, June 15 at 10 a.m.

Mushroom Cultivation

3 – 4 p.m.

Director of Plant Health Vincent Galatolo leads you in creating your own mushroom starter.

NYBG Softball Game

3 – 6 p.m.

No Registration Required!

Fordham Fields; walk over from Visitor Center

Join your colleagues in a friendly softball match! Teams will be formed at the field. All are welcome—including spectators and cheering sections! Stop by and enjoy a frozen treat while you watch.

Herbarium Open House: Plant Pride

3 – 4 p.m.

Steere Herbarium

Happy Pride Month! Join Herbarium staff for an open house highlighting LGBTQ+ botanists and plants celebrating the diversity of nature.

Pfizer Lab Tour

4 – 5 p.m.

Get a behind-the-scenes look at the Pfizer Plant Research Laboratory. *This session is also offered on Thursday, June 15 at 3 p.m.*

Evening Staff Appreciation Dinner

5 – 6 p.m.

No Registration Required!

Watson Lunch Room

Enjoy a catered Italian dinner from Arthur Avenue.

Thursday, June 15, 2023

Early Morning Smoothie Station
7 – 8 a.m.

Watson Lunch Room

Stop by the Watson Lunchroom for a delicious and refreshing smoothie – a perfect morning treat. Presented by Flourish.

No Registration Required!

Yoga for a Healthy Back

8:15 – 8:45 a.m.

This class addresses common spinal and postural issues to strengthen and re-align you before you start your day. Presented by Culture of Fit.

Choose Your Own Adventure – Garden Tours

9:30 – 10:30 a.m.

Gardeners lead tours of various Gardens and Collections—you decide which you'd like to see today!

Introduction to Botany

10 – 11 a.m.

Learn the botany basics you've always wondered about with Jamie Boyer, Ph.D., Stavros Niarchos Foundation Vice President for Children's Education and Senior Director of Education.

Recovering from Mistakes

10 – 11 a.m.

In an interactive workshop, Todd Forrest, Arthur Ross VP for Living Collections, and Joanna Groarke, Vice President for Exhibitions and Programming, will share some examples of times they made mistakes, misjudged a situation, or had plans that went awry. They'll discuss how they recovered and how to turn a mistake into a learning opportunity.

Thain Family Forest Tour

10 – 11 a.m.

Tour New York City's largest old-growth forest with Eliot Nagele, Director of the Thain Family Forest. *This session is also offered on Wednesday, June 14 at 2 p.m.*

Japanese Stab Bookbinding Workshop

11 a.m. – 12 p.m.

Back by popular demand, Library staff will lead a Japanese stab bookbinding workshop. Come by and make your own booklet to enjoy and take home.

Financial Footsteps for your 40s, 50s, 60s, and Beyond

11 a.m. – 2 p.m.

There are 10 key practical financial and retirement planning tips to consider in your 40s, 50s, 60s, and beyond. This workshop will cover them all, from managing taxes and having the proper asset allocation to setting realistic goals. Presented by MetLife. *A workshop geared toward 20- and 30-somethings is available on Tuesday, June 13 at 11 a.m.*

Avocado Toast Station

12 – 1 p.m.

Watson Lunch Room

Stop by to enjoy a delicious and nutritious avocado toast—the perfect snack any time of day. A nutrition coach will be on-hand with recipe guides to take home. Presented by Flurish.

No Registration Required!

Bring Your Own Lunch – Strategic Plan Discussions

12 – 1 p.m. and 1 – 2 p.m.

Edible Academy Amphitheater

Drop in on your lunch break at either 12 or 1 p.m. to catch up with colleagues, learn more about the Strategic Plan, and share your thoughts. Each hour will feature discussion about one Strategic Plan initiative.

- 12 p.m.: **Inclusive Interpretation and Programming.** Facilitated by Joanna Groarke, VP for Exhibitions and Programming, and Tom Mulhare, Director of Public Programming.
- 1 p.m.: **Investing in Professional Development.** Facilitated by Sophia Black, VP for Benefits Administration, and Raquel Nazario, VP for Human Resources and Chief Diversity Officer.

Workout on Daffodil Hill

1 – 1:30 p.m. and 1:30 – 2 p.m.

Led by Avery Rosa, MS, CSCS, these 30-minute fitness classes will put your strength and endurance to the test! Be prepared for an all-out muscle burner, suitable for all skill-levels from beginners to the more advanced. *Sessions are also offered on Tuesday, June 13 at 12 and 12:30 p.m.*

Nolen Greenhouse Tour

1 – 2 p.m.

Stop by for a look behind-the-scenes of our state-of-the-art production greenhouses, where we grow so many of the plants you see in our exhibitions and keep numerous horticultural collections. *This session is also offered on Tuesday, June 13 at 1 p.m.*

The Art of Public Speaking

2 – 3 p.m.

Anyone can become a skillful presenter with practice. Chief Advancement Officer Isaac W. K. Thweatt gives you his tips and tricks to successful public speaking.

Leading with a Coaching Mindset

2 – 3 p.m.

Saul Ramirez, Manager of Training and Workforce Development for Visitor Services, provides his tips for harnessing your coaching skills to better support your colleagues.

Fighting Spam & Phishing

3 – 4 p.m.

Do you know the difference between spam and phishing? This refresher from the NYBG IT team will shed light on these dangerous practices and how to stay safe online.

Pfizer Lab Tour

3 – 4 p.m.

Get a behind-the-scenes look at the Pfizer Plant Research Laboratory. *This session is also offered on Wednesday, June 14 at 4 p.m.*

A Glimpse into Renewable Energy

3 – 4 p.m.

Join Emir Kajoshi, AVP for Engineering and Compliance, on a tour and talk about renewable energy at NYBG.

Nature Walk with Gabriel Willow

4 – 5 p.m.

Gabriel Willow is a naturalist with a particular passion for birds and urban spaces. Join Gabriel to get to know the birds and other wildlife across NYBG grounds. *This session is also offered on Tuesday, June 13 at 8 a.m.*

Resume Workshop

4 – 5 p.m.

Human Resources staff will teach the basics of how to sell yourself for your next role at the Garden...on paper! Bring your own resume for one-on-one feedback. *This session is also offered on Saturday, June 17 at 2 p.m.*

Friday, June 16, 2023

...things come to thrive...in the shedding...in the molting...

Art Gallery Exhibition Tour

9 – 10 a.m.

This one-hour tour is the second of a two-part series on the Ebony G. Patterson exhibition. This tour will focus on the Art Galleries within the Mertz Library Building. *There is a tour of the Conservatory on Wednesday, June 14 at 9:30 a.m.*

Bronx Green-Up Volunteer Session

9:30 a.m. – 12:30 p.m.

Join the Bronx Green-Up team at Karol's Urban Community Farm in Soundview to help with the maintenance of this garden. Transportation will be provided.

Active Stretch with Meditation

9:30 – 10 a.m.

Learn dynamic and static stretching, increase blood flow, flexibility, and release tightness. End with meditation to rest, relax and recharge. A perfect way to start your day. Presented by Culture of Fit.

Essentials of Leadership

10 – 11 a.m.

Join Jennifer Bernstein, CEO and The William C. Steere President, for a leadership workshop. Jennifer will discuss what leadership means to her and offer tips on how to be a leader in your own area.

Mindful Walking

10:30 – 11 a.m.

Participants will be invited to take a walk outside and will combine movement with present observation, all while using the senses. Presented by Culture of Fit.

New York Public Library x Mertz Library Card Drive

11 a.m. – 12 p.m.

Our friends from the Bronx Library Center join us for a drop-in library card sign-up. Register for an NYBG Library Card and a NYPL Library Card at the same time! All employees are eligible for NYPL cards regardless of residence.

No Registration Required!

Mushroom Cultivation

11 a.m. – 12 p.m.

Director of Plant Health Vincent Galatolo leads you in creating your own mushroom starter.

Grateful and Compassionate Meditations

11:30 a.m. – 12 p.m.

A series of meditation practices, including Loving Kindness, Gratitude, Joy, Observation, and Visualization. Each meditation is designed to cultivate an appreciation for life while broadening awareness of how we treat ourselves and other beings. Presented by Culture of Fit.

Forest Bathing

12 – 1 p.m.

Allow yourself to be fully present as you bathe your senses in the sights, smells, sounds, and sensations of the Thain Family Forest with forest bathing experiences, known as *shinrin-yoku* in Japan.

Bring Your Own Lunch – Strategic Plan Discussions

12 – 1 p.m. and 1 – 2 p.m.

Stone Mill Patio

Drop in on your lunch break at either 12 or 1 p.m. to catch up with colleagues, learn more about the Strategic Plan, and share your thoughts. Each hour will feature discussion about one Strategic Plan initiative.

- 12 p.m.: **Bronx River Watershed and Resilience.** Facilitated by Todd Forrest, Arthur Ross VP for Horticulture and Living Collections, and Eliot Nagele, Director of the Thain Family Forest.
- 1 p.m.: **Expand and Improve Technology Infrastructure.** Facilitated by Lawrence Smith, VP for Information Technology, and Lauren Turchio, COO.

No Registration Required!

Pruning Basics

1 – 2 p.m.

Gardener Michele Haber leads this hands-on workshop to show you how, what, when, and why to prune your plants to rejuvenate and maintain them within your garden. *This session is also offered on Wednesday, June 14 at 1 p.m.*

Ice Cream Social

4 – 5 p.m.

Watson Lunch Room

Join us to celebrate Branch Out Week 2023! Enjoy a free ice cream cone and win raffle prizes!

No Registration Required!



Saturday, June 17, 2023

Bronx Day Celebration

10 a.m. – 3 p.m.

Daffodil Hill

NYBG Staff are invited to join the Bronx Day Celebration on Daffodil Hill.

No Registration Required!

Symposium on the African American Garden: The Caribbean Experience

10 a.m. – 12 p.m.

Ross Hall

Staff are invited to hear about food stories of the Caribbean in a lineup of compelling talks that consider history and memory, as well as the culinary journeys, of both people and plants. Highlights include Dr. Jessica B. Harris, curator of NYBG's *African American Garden*, in conversation with renowned author Jamaica Kincaid, followed by a panel discussion featuring Pierre Serrao, Shannon Mustipher, and Dr. Maricel Presilla, moderated by Dr. Scott Alves Barton.

Pizza Party Luncheon

12 – 1 p.m.

Visitor Center Lunch Room

Grab a slice of pizza at the Visitor Center.

No Registration Required!

Resume Workshop

2 – 3 p.m.

Watson Lunch Room

Human Resources staff will teach the basics of how to sell yourself for your next role at the Garden...on paper! Bring your own resume for one-on-one feedback.



Sunday, June 18, 2023

Active Stretch with Meditation

8:30 – 9 a.m.

Visitor Center

Learn dynamic and static stretching, increase blood flow, flexibility, and release tightness. End with meditation to rest, relax and recharge. A perfect way to start your day. Presented by Culture of Fit.

No Registration Required!

Smoothie Station

9 – 10 a.m.

Visitor Center Lunch Room

Grab a delicious smoothie to start the day with a cool, refreshing, energizing treat. Presented by Flurish.

Pizza Party Luncheon

12 – 1 p.m.

Visitor Center Lunch Room

All staff working on Sunday are invited to grab a slice of pizza at the Visitor Center.