Imagine having a powerful AI assistant by your side, ready to streamline your tasks and boost your productivity. Feeling overwhelmed by information overload and struggling to keep up with your workload? Don't miss this timely introduction to a highly versatile survey platform trusted by organizations across the globe.

In February, Emory's Office of Information Technology (OIT) announced the implementation of Microsoft Copilot, a secure generative AI chat service. The service is now available to all members of Emory University from the service launch website as well as in the Bullseye portal.

In collaboration with the Responsible AI Executive Governance Committee, the Office of Information Technology (OIT) is working with Microsoft to ensure the effective and ethical implementation of Copilot. The service is designed to support employees in their daily work tasks and to foster a culture of innovation and efficiency.

If you have questions or need assistance, you can contact the Emory Office of Information Technology at 404.727.7500 or email Copilot@emory.edu. For more information about the service, visit the Copilot website.

**What's Your Money Personality? Gain Insights with CU1 Financial**

Emory launched CU1 Financial, a personal finance platform for students and employees. CU1 Financial offers a range of tools and resources to help you manage your finances, including budgeting, saving, and investing. With CU1 Financial, you can track your spending, set financial goals, and access financial education resources.

**Emory's Diversity, Equity, and Inclusion (DEI) Calendar**

Emory's DEI Calendar provides information on upcoming events, workshops, and webinars related to diversity, equity, and inclusion. These events are designed to foster a culture of inclusivity and provide opportunities for learning and growth.

**Struggling to get a good night's sleep? This guided meditation is designed to help you relax, unwind, and prepare your mind and body for restful sleep. Join us as we take you through calming techniques and breathing exercises that ease stress and promote relaxation. Must sign in to the Healthy Emory portal to access this event.**

**6 Ways You Can Turn Your Bedroom Into a Sleep Sanctuary**

- **Create a relaxing atmosphere:** Reduce noise and lighting levels to promote relaxation.
- **Establish a consistent sleep schedule:** Go to bed and wake up at the same time every day.
- **Limit screen time before bed:** Avoid exposure to blue light from screens before bedtime.
- **Create a comfortable sleeping environment:** Ensure your bedroom is cool, dark, and quiet.
- **Maintain a healthy sleep hygiene routine:** Avoid caffeine and heavy meals before bedtime.
- **Practice mindfulness and meditation:** Use techniques such as deep breathing and progressive muscle relaxation to reduce stress.

**Sta Engagement Survey Results**

The results of the 2023 employee engagement survey are now available. The survey was conducted to assess the overall satisfaction of Emory employees with their work environment, management, and organizational culture. Key findings include:

1. Overall employee satisfaction is high, with 85% of respondents reporting that they are satisfied with their work environment.
2. The number of employees who feel valued and recognized by their supervisors has increased by 10% compared to the previous year.
3. There is a 15% improvement in the number of employees who feel engaged in the company's mission and goals.
4. The survey results highlight areas for improvement, including clearer communication channels and more opportunities for career development.

**Emory Launches Microsoft Copilot AI Chat Service**

Microsoft Copilot is a secure generative AI chat service that provides employees with quick, personalized assistance on a wide range of topics. The service can offer help with tasks such as scheduling appointments, finding relevant resources, and answering general questions.

**Register and learn more**

To register for Microsoft Copilot training and explore the platform's features, visit the Copilot website and follow the enrollment instructions. Training resources are available on the Office of Information Technology's webpage, including user guides and video tutorials.