



REFLECT & CONNECT

NAVIGATING LIFE AND WORK EFFECTIVELY IN CHALLENGING TIMES

The Reflect & Connect series provides an opportunity for MSU faculty and staff to come together to examine the personal and professional impacts of contemporary national and global events/tragedies and provides a space to explore best self-care/work-effectiveness strategies.

Getting Steady, Reaching Out

Thursday, November 17, 2016

11:30AM-1:00PM, Chittenden Hall, Room 110

We all have multiple roles that require us to be in service to other people. In difficult times, it is important to help yourself get steady before trying to help others. This is a space to gain intentional practices to help ground ourselves in order to be in service to others in our roles as employees, coworkers, parents, partners, and community members.

Responding with Civility & Courage

Monday, November 28, 2016

11:30AM-1:00PM, Olin Health Center, Classroom (247)

Gain skills and explore strategies for responding to observations and experiences of antagonism. Learn how to be an effective bystander and when and how to report/ask for help. Develop effective responses at work and in the community.

RSVP requested (but not required) to the MSU WorkLife Office at worklife@msu.edu or (517) 353-1635.

Co-sponsored by MSU Office of the University Physician-Employee Assistance Program, Office for Inclusion and Intercultural Initiatives, and WorkLife Office.