

Women's Networking Association

Fall 2017

"Empowerment & Transformation"



All sessions are from
8:30am-10:00am,
Chittenden Hall, Room 110

*Unless otherwise noted

09.20.17 Transforming "Impossible" into "Possible"

Learn how to transform set-backs into positive opportunities for growth. As the Head Coach of MSU Women's Volleyball, **Cathy George** is no stranger to coaching others about how to "keep your head in the game," even when it's tough or seems impossible. Coach George will share tactics for overcoming challenging situations, staying focused on your goal, and harnessing the support of your team. These skills will be applicable to work environments, at volunteer/extracurricular organizations, and in your personal life.

10.18.17 Building Resilience: Managing Self-Control

Stress is a normal and natural occurrence. But what happens when it becomes chronic? In this presentation, the speaker will address the negative impact on our bodies when we endure chronic stress as well as provide us with simple tools to keep us healthy by managing our stress. We also will look at how self-control plays into this cycle and identify ways in which we can learn to stay in control when times are challenging! Presenter: **Jenn Dubey**, Wellness & Recreation Director, University Club of MSU.

11.15.17 Navigating Life with Resilience

Balancing all your responsibilities can feel impossible sometimes. The more resilient you are, the easier it is to be high performing without losing your bearings. Resilience is a skill you can develop to help you respond to adversity and challenges more effectively, lined up with your core values. Come learn what resilience is, how you can increase your level of resilience, and how you can take advantage of the resources on campus to help you develop this important work/life skill. Presenter: **Lisa Laughman**, Employee Assistance Program & Health4U.

The mission of the Women's Networking Association (WNA) is to connect professional women across campus through meaningful and empowering relationships. Providing an opportunity for women to network and support one another is an essential step for building women's leadership at Michigan State University and in the Greater Lansing community. **Events are free and open to all.**



WorkLife Office
MICHIGAN STATE UNIVERSITY

RSVP

Email: worklife@msu.edu

Call: 517-353-1635