Virtual Staff Development Workshops for March 2021

Dear Colleagues,

The Subcommittee on Staff—part of the Taskforce for the Future—encourages staff members to take advantage of the virtual workshops offered by Corporate Counseling Associates (CCA). These workshops support and provide professional development for our staff in these difficult times.

Please use the links below to register for the March workshops:

CCA Workshops for March

Dealing with Challenging People
Date: March 10
Time: 10:30am EST

Registration link: [https://us02web.zoom.us/meeting/register/tZEpdeyoqjMoHNSBjHeg8ZPlsxaxANujRJaa](https://us02web.zoom.us/meeting/register/tZEpdeyoqjMoHNSBjHeg8ZPlsxaxANujRJaa)

Course Description: We all have different perspectives when defining a “challenging person.” Some people challenge the lives of many others, and then there are types who just get under our skin and “push our buttons.” Regardless of the particulars, we have two choices: 1) learn how to effectively deal with the “difficult” person, or 2) remove the possibility of interaction with them. In this webinar, we will learn how to deal with the difficult.

Stress Management for Manager
Date: March 17
Time: 9:00am EST
Registration Link: [https://us02web.zoom.us/meeting/register/tZUudu2rqDMtHtfo3VSPjr1QNDWn0iMthavX](https://us02web.zoom.us/meeting/register/tZUudu2rqDMtHtfo3VSPjr1QNDWn0iMthavX)

Course Description: This is a step by step webinar on what stress is, how it effects your team, and how managers can help de-escalate their own stress as well as their staff’s stress. This is all about tips and tools to manage stress for both yourself and your employees as a manager.

Stress Management Strategies
Client: Baruch College (CUNY)
Date: March 24
Time: 2pm EST
Registration Link:
https://us02web.zoom.us/meeting/register/tZYsc-6rqDMoG9XBkhQ0AaZ4GGM2MI3xxiXU

Course Description: How do you know you are stressed? Do you recognize the symptoms of stress? Explore the newest research and what experts are saying about good and bad stress. Participants will gain the tools to manage stress, including mindful communication. Versions of this seminar are also available with a focus on CISD, tragedies, or veterans’ unique needs.

On behalf of Baruch College, we would like to continue to thank our engaged, hardworking staff. Should you have any questions or concerns, please email us at employee.engagement@baruch.cuny.edu.

Sincerely,

Subcommittee on Staff
Task Force for the Future