March 17, 2021

**Upcoming Staff Development Workshops**

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 upcoming workshops.

**CCA Workshops for the Remainder of March and the Month of April**

**Stress Management Strategies**

*Wednesday, March 24, 2–3:30 pm.* How do you know you are stressed? Do you recognize the symptoms of stress? Hear about the latest research and what experts are saying about good and bad stress. Participants will gain tools to manage stress, including mindful communication. [Register here.](#)

**Dynamics of Change**

*Wednesday, April 14, 10:30–11:30 am.* Change is stressful, and learning how to manage and cope with it is crucial to our well-being. Join this seminar to learn effective ways to cope with change, especially those aspects that can be controlled. Core concepts related to stress and emotional and physical responses to change will be discussed as well as stress management strategies. [Register here.](#)

**Priorities to Maximize Your Day**

*Wednesday, April 21, 9–10 am.* Feeling overwhelmed by competing priorities, tight deadlines, meetings, emails, and interruptions can derail professional growth, impair team performance, and lead to stress and burnout. This interactive program focuses on practical skills, tools, and techniques to help you maximize effectiveness, increase productivity, and achieve better results. [Register here.](#)
Returning to Work in Person

**Wednesday, April 28, 2–3 pm.** As organizations start to plan for returning to the workplace, it is not only important to ensure physical safety but to address the emotional implications. In this seminar, you will have the opportunity to discuss concerns and stressors related to returning to the workplace and plan for the potential emotional strains. Self-care and emotional regulation practices will be presented. [Register here.](#)

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](mailto:employee.engagement@baruch.cuny.edu).

Sincerely,

Subcommittee on Staff
Task Force for the Future