NETWORKING MEETING

WISTEM PRO^2

November 29, 2017  8:30-9:30am

CEC 230 OPPD Community Dialogue Room II

Join WiSTEM Pro^2 for an informal work session: Reappraisal and Strategies for Reoccurring Stress Triggers. We will meet to discuss and craft individual action plans that identify reoccurring triggers and ways to handle them.

Coffee and light morning snacks will be provided by WiSTEM Pro^2.

Bring a colleague- all are welcome!

Attendance at the October meeting is not required to join this informal work session.
In October, WiSTEM Pro^2 welcomed Dr. Erica Holley, Associate Professor of Management at Central Washington University via video conference. Dr. Holley’s presentation about stress and burnout and emotional regulation in the workplace sparked a discussion about the reappraisal of reoccurring stress triggers and strategies to combat them (for instance with the end of semester nearing and the holidays, what are some goals people have to handling this time of year while maintaining sanity and productivity?). We will meet to discuss and craft individual action plans that identify reoccurring triggers and ways to handle them.

All are welcome. Bring a colleague!

*Attendance at the October meeting is not required to join this informal work session.*

Dr. Erica Holley is an Associate Professor of Management at Central Washington University. She earned her undergraduate degree from the University of Nebraska-Lincoln and her doctoral degree at the University of Washington.

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