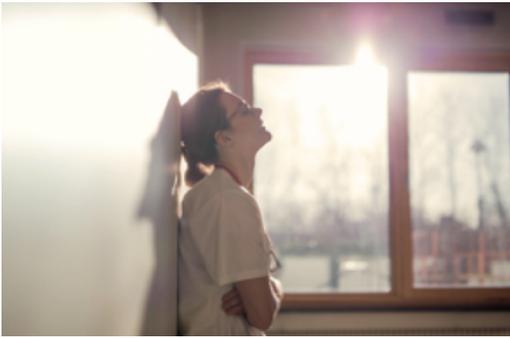


## 3:30 CONNECT!

3:30 Connect! is a time for networking, leadership training, and discussion of topics devoted to your professional development. No reservation is needed and all are invited. Hosted by WiSTEM Pro<sup>2</sup>.



### “The Revolution”: The added stress of STEM

November 8 | 3:30pm | MBSC 222

At the end of the semester, we all face added amounts of stress. Come learn some tips and tricks to building resiliency and confidence, no matter what your leadership role is, based on Jenny Evan's 'It's Time for a REvolution: Bringing out the Resilient, Authentic Leader.' We will talk about how to "play it out, plate it out, or play IT out" to deal with the added stress of being a woman in STEM fields, no matter what we may be facing.



### Move More, Sit Less

December 13 | 3:30pm | MBSC 222

Don't wait for the new year to start being more active! This fun and interactive session will discuss the impact that sitting all day can have on your overall wellness. Come to learn and/or share tips on how to move more and sit less while at work as well as to get a little stress relief.



### Destress under the Stars

January 10 | 3:30pm | Planetarium in Durham Science Center

Take a moment to destress. Join us for an intimate look at the solar system and network with fellow UNO faculty and staff stars. The planetarium show will be followed by a conversation around strategies to stay focused on our professional and personal goals given the demands of the immense universe. Bring tips to share for short-term and long-term goal setting. Come and see the stars!

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