

Training & Organizational Development

Classes presented by Lanai Greenhalgh,

CSU Ombuds and Employee Assistance Program Manager

Assertiveness

Coming again in 2010

What does assertiveness look like? How can you tell if you are too passive or if your aggressive communication style puts people off? Learn about assertiveness and how to get your needs met through adopting a “win-win” strategy. People who have mastered the skill of assertiveness are able to greatly reduce the level of interpersonal conflict in their lives, thereby reducing a major source of stress.



Building Resiliency

Coming again in Spring, 2010

Resiliency is the ability to thrive, adapt, mature and increase competence despite risk and adversity. This training is designed to help participants discover personal and professional attributes that promote healthy adjustment to change, encourage effective coping, reduce stress and help balance the day-to-day pressures of work and life.

Grief and Loss: Caring for Yourself and Others After a Loss

Friday, November 13, 2009; 10 am - Noon

Participants will learn about grief and the stages many people go through after they have experienced the loss of a loved one, co-worker, job or anything else important to them. While there is no “right” way to grieve, there are many strategies for coping and getting through the rough spots. Whether you have experienced recent loss in your life or are looking for ways to support others through their loss, this workshop provides insight into the grieving process, good self-care, setting healthy boundaries, and building resiliency.



Managing Personal Stress

Coming again in 2010



Reduce and manage your personal stress with these approaches:

- Demystifying stress (making stressors less stressful)
- Stress reduction strategies
- Building personal resiliency

Location for classes: Training and Organizational Development Classroom,
Johnson Hall, Room 129: www.training.colostate.edu/findus_129jh.pdf

Online registration: Visit www.training.colostate.edu. Select the “Register for Workshops” link near the top of the web page. Use your e-ID to log in (www.eid.colostate.edu).

If you don't have a CSU e-ID yet, or have trouble using the online system, please call Ellen at (970) 491-1376.

For information on our services and classes, we invite you to:

Join our listserv: (contact Ellen, above)

Visit our Web site: www.training.colostate.edu (registration link available here)

Visit our Event Calendar: <http://events.colostate.edu/calendar.asp?ID=28>

Watch the **Today** bulletins: www.today.colostate.edu (“Working@CSU” section)

**Colorado
State
University**