



FALL 2010 WORKSHOPS

Career Resiliency: Riding the Wave of Change

Date: **Wednesday, October 27, 2010**

Time: Noon – 1:30 p.m.

Facilitator: Janis Ashkin, FSAP Career Counselor, MEd., MCC, NCC

Location: 1599 Clifton Road, Room 1D

Description: Rapid change in the workplace requires us to adapt and embrace new challenges, expectations and opportunities. This workshop will provide strategies for building resilience throughout your career, including stress management techniques. Participants will learn characteristics and attitudes of career resilient people and develop a plan to thrive in their career.

Registration Deadline: Monday, October 25, 2010

Eager Breathers: How to Breathe Mindfully Through Anything

Date: **Tuesday, November 9, 2010**

Time: 11:30 a.m. – 1:00 p.m.

Facilitator: Sue Matthews, FSAP Psychologist

Location: 1599 Clifton Rd., Room 1D

Description: Mindfulness of breathing is at the core of all mindfulness practices. Our breathing is always with us like a faithful friend. Come join us for a workshop focusing on the most basic form of self-care, and be prepared to "just breathe".

Registration Deadline: Monday, November 8, 2010

Parenting Solo: Tips for Single Parents

Date: **Wednesday, November 10, 2010**

Time: Noon – 1:30 p.m.

Facilitators: Leigh Ann Clark, FSAP Clinician, LCSW and
Leanna Fortunato, Post-Doctoral Fellow, FSAP

Location: 1599 Clifton Rd., Room 1D

Description: Parenting solo provides unique challenges and opportunities for single parents. This workshop will provide helpful strategies for managing various challenges, as well as discovering the positive effects of parenting solo.

Registration Deadline: Monday, November 8, 2010

Workshops are open to all Emory University and Emory Healthcare employees. To register please contact FSAP at 404 727-4328.



Faculty Staff Assistance Program
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