



OCTOBER- DECEMBER 2009 WORKSHOPS

Effective Parenting Skills

Wednesday, October 7, 2009

10:00-11:30 a.m. 1599 Building Conference Room 1A(visitor parking is available)

Facilitated by Dr. John Wilson

Parenting provides many rewards and many challenges. This workshop will provide relevant and helpful information on managing the various aspects and challenges associated with developing effective parenting skills. Objectives for this session are: (1) Provide general information on useful parenting strategies;(2) Dialogue and share concerns, parenting issues; (3) Discuss community resources designed to support and strengthen parents' ability to be effective.

Registration Deadline: Wednesday, September 30, 2009

Take Charge of Your Career

Wednesday, October 14, 2009

10:00-11:30 a.m. 1599 Building Conference Room 5A(visitor parking is available)

Facilitated by Janis Ashkin, MEd., MCC, NCC

Many individuals find it useful to pause to reflect on their career path at various stages in their lives. This workshop will provide an opportunity for participants to clarify their values and identify effective strategies to take charge of their professional and career development.

Registration Deadline: Wednesday, October 7, 2009

Exploring Faculty Retirement Issues: Is There Life After the Academy?

Facilitated by Dr. Pauline Rose Clance, retired faculty, GSU Psychology Dept.

Faculty members devote much of their lives and identity to the Academy. As they approach retirement they often face unique and special challenges. This workshop will explore some of these issues, including beginning to contemplate retirement, the actual letting go process, the exploration of opportunities and interest and the journey of life after retirement.

Tentatively scheduled for November 2009. Call to Confirm.

Stress-Less Holidays

Tuesday, November 3, 2009

Noon-1:30p.m. 1599 Building Conference Room 1A(visitor parking is available)

Facilitators: Tara Cox, Wellness Specialist, FSAP, and Dr. Sue Matthews

From the pressures to spend, eat too much, or to plan the perfect celebration the holidays can generate extreme stress. We often get caught up in unrealistic expectations for the holidays. This can be especially true if we have experienced significant losses, either financial or emotional, that have impacted our traditions. This workshop will offer support to step back from external pressures, and to create more peaceful, healthy holidays.

Registration Deadline: Tuesday, October 27, 2009

Solutions to Basic Budgeting

Tuesday, November 10, 2009

3:00-4:30 p.m. 1599 Building Conference Room 1A(visitor parking is available)

Facilitator: Robin Huskey, Manager of Education and Outreach, FSAP

During this time of increased economic uncertainty, we are all reminded that managing our financial resources carefully is one way we can take better care of ourselves. This course will explore strategies to assist you in knowing where your money is going. Various budgeting tools for assistance with money management will be provided. In addition, strategies for managing the emotional barriers of financial stress will be shared.

Registration Deadline: Tuesday, November 3, 2009

Workshops are open to all Emory University and Emory Healthcare employees.

**To register please
contact FSAP at 404-
727-4328.**