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.