



Faculty and Staff Guidance Seminars & Online Multimedia Presentations Presented by Carebridge Corporation

All seminars will be held from 1pm to 2pm.
Bring your lunch, no RSVP necessary!

COMMUNICATING WITH DIFFERENT PERSONALITIES

Monday, October 4th, 1 p.m. – 2 p.m.; Pryzbyla Center, Room 323.

What can you do to make negative, stressful work relationship smoother and more productive? This seminar will help you deal with the dominators, attention-grabbers, nay-sayers, two-timers, yes-people, and whiners in your life. Participants will identify their personal styles of reacting to difficult people and how to adapt that style to a given situation.

ASSERTIVE SKILLS: SAYING WHAT YOU MEAN

Friday, October 15th, 1 p.m. – 2 p.m.; Caldwell Hall, Room 117.

Successful people know the value of being assertive with people in their personal and work lives. This seminar will teach the key steps and ideas to learn assertive communication skills. Examples of real life situations will help to reinforce the skills taught in this seminar.

WORKSHOP ON DEMAND – ONLINE MULTIMEDIA PRESENTATION

Available beginning October 1, 2010 through January 1, 2011. To view the presentations *Effective Stress Management* and *Managing Change Effectively*, please visit <http://humanresources.cua.edu/training> for login instructions.

For further information, please contact the Office of Human Resource at 202-319-5050.