



JOIN OUR SPRING WORKSHOP SERIES

SPONSORED BY CI'S

PROFESSIONAL DEVELOPMENT PROGRAM

Visit the [Professional Development website](#) to RSVP

Tuesday, May 10 — 9:00 to 10:30a.m., Sage Hall 2030

Dr. Jacob Presents:

Lollipop Moments: Developing the Leader (That's Already) Within

There are a few skills in life more important than the ability to lead others. Contrary to what is often assumed, however, no one is born a great leader. Rather, effective leadership skills must be developed over time. Furthermore, there is more than one way to lead, and whether we realize it or not: each of us are leaders in our own way already. For these reasons, this workshop will discuss (1) what it means to be a leader in our world today, (2) specific styles of effective leadership, (3) and techniques for further developing our leadership skills. All the while, it (4) challenges each of us to be more mindful about the impact we already have in our everyday lives.

Wednesday, May 25—9:00 to 10:30a.m., Sage Hall 2030

Excel Groups Presents:



Mindfulness Mondays

May 2, 4:00p.m. to 5:00p.m., Lindero 1776.

Facilitated by Dr. Kirsten Olson, Counseling and Health Services, these sessions will bring mindfulness awareness to our thoughts, feelings, and physical sensations which can be helpful for coping with the stresses of life.

***No RSVP necessary.**

Lunch and Learn

Supervising Student Employees: Building a Foundation

May 17, 12:00p.m. to 1:00p.m., Sage 2030. Bring your lunch and collaborate with campus-wide supervisors. Guests Laurie Nichols and the Human Resources team will provide you with information on how to learn strategies to work better with our diverse student employee population. Share ideas and enhance your knowledge as a Supervisor of Student Employees

**This will be a continuous series once per month throughout the spring semester.*

Please rsvp on the [Professional Development web page](#) to ensure available seating.



