



Stress Resilience & Effective Leadership In Times of Change

This program is designed for managers, supervisors, and faculty and will include topics on chronic survival stress in the workplace and leadership in times of stress.

The trainings will include defining chronic survival stress in an effort to help supervisors/managers understand their own as well as their supervisees' experiences of environmental stressors. It will highlight the physical, emotional, and behavioral fallout from chronic levels of stress and build

an understanding of how the chronic stress reaction often affects many aspects of an individual's life. The program will include leadership empowerment, self-care, assessing employee problems, leadership styles, and additional techniques that can be employed to reduce departmental stress and conflict.

This reoccurring program will be offered during different times and locations on campus, in an effort

to make it available to as many faculty and supervisors on the campus as possible. In addition, please consider sending your staff to the "Stress and Resiliency in Tough Economic Times" partner series dedicated to general staff.

Domains of Focus:

- Survival Stress
- Self Care
- Employee Communication
- Leadership Styles
- Managing Through Change

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| | October: 10/12/09 9:15am-10:45am Voorhies Rm. 126 | November: 11/13/09 1:30pm-3:00pm EOC | December: 12/4/09 1:30pm-3:00pm EOC |
| | 10/26/09 1:30pm-3:00pm Voorhies Rm. 126 | | 12/14/09 8:30am-10:00am EOC |

Enroll online at <http://lms.ucdavis.edu> to sign up for the program.