Find your mid-semester oasis at a Rejuven8 workshop

Date::
February 26, 2020

*Explore techniques to address stress, avoid burnout, and establish compassionate boundaries.*

Temperatures are climbing, and the semester is heating up -- are you starting to lose your cool?

Battle workplace burnout by learning sustainable stress-management habits in the **spring Rejuven8 workshops series** [1], offered solely to University of Arizona faculty and staff by Life & Work Connections.

It's not too late to register! The first session, on Wednesday, March 4, helps you identify signs of burnout in your life and actively address those symptoms of stress. Further workshops in March and April teach personal and professional resilience, mindfulness and emotional intelligence, and healthy boundaries.

**Full Series Schedule**

**March 4**

**Training Your e.Y.e. to Prevent Burnout** [2]
9:30?11:00 a.m., Old Main Silver and Sage Room
Presented by Bob Cunningham, LPC, employee assistance counselor
Identify the signs of burnout, adopt strategies for stress management, and use the e.Y.e. approach to prevent burnout.

**March 17**

**How to G.R.O.W. Resilience** [3]
9:30?11:00 a.m., Old Main Silver and Sage Room
Presented by Tanya Lauer, LPC, employee assistance counselor
Learn how to use evidence-based practices to increase resiliency in professional and personal settings.

**March 31**

**Energy Leadership** [4]
9:30?11:00 a.m., Old Main Silver and Sage Room
Presented by Taylor Riall, MD, PhD, interim chair of the Department of Surgery
Discuss strategies for personal resilience, mindfulness, emotional intelligence, and self-awareness.
April 21

**Resiliency and Relationships: New Rules, New Boundaries**

9:30?11:00 a.m., Old Main Silver and Sage Room

Presented by **Tanya Lauer, LPC**, employee assistance counselor

Learn how boundaries impact self-care, wellness, and resilient relationships.

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Source URL: https://uaatwork.arizona.edu/uannounce/find-your-mid-semester-oasis-rejuven8-workshop

Links

[1] https://lifework.arizona.edu/training-and-workshops/rejuven8
[3] https://lifework.arizona.edu/events-and-workshops/147-how-grow-resilience