

Wednesday, 21 May 2008

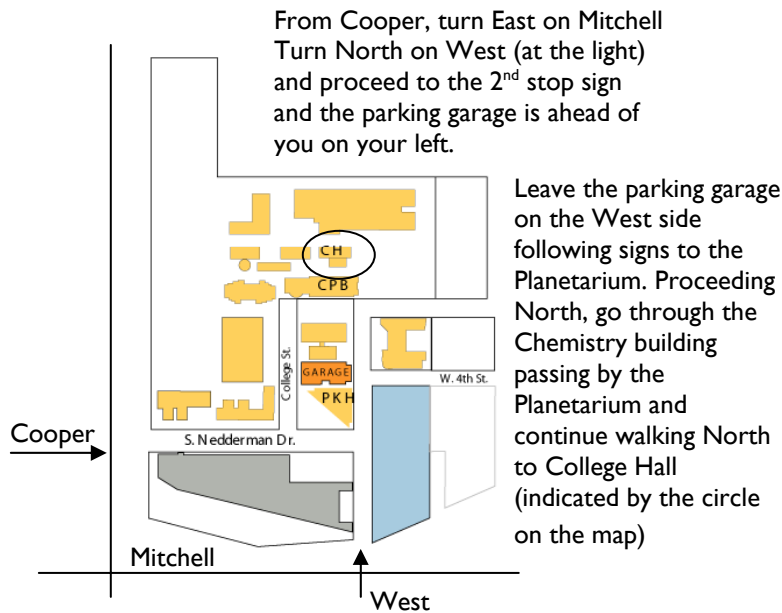
James Campbell Quick, PhD

John and Judy Goolsby Distinguished Professor, Goolsby Leadership Academy at The University of Texas at Arlington and Visiting Professor, Lancaster University Management School, UK.

Using your emotional intelligence on the job: Creating emotionally healthy workplaces

Stress is a mind-body response rooted in emotional and physiological excitement. Well managed, stress contributes to dealing with legitimate emergencies and achieving peak performance. New research in emotional intelligence and emotional competence enables people to better understand themselves and others.

You will see how your intrapersonal and interpersonal skills of emotional competence as leaders and followers contribute positively to your emotionally healthy work environments and to your life overall.



A 5-part series focusing on Stress in the Workplace

Jan 29, Feb 13, March 26, April 23, May 21

The University of Texas at Arlington
College Hall *Map on back
Room 101
7:30 - 8:30 AM

This series is supported in part by a
Kaiser Permanente Health Promotion Grant to the School of Nursing.

The Program:

This monthly 5 part series focuses on stress in the workplace and its impact on your quality of life.

Join 5 leading experts for 1 hour breakfast overviews of lessons learned and how they can be used to better manage stress.

Is there any one of us that would not benefit from a brief “time-out” with our colleagues hearing “to the point” presentations that provide take-away strategies and resources for later use?

Join us for breakfast any or all of the following dates:



Tuesday, 29 January 2008

Welcome: Elizabeth Poster
Dean, UT Arlington School of Nursing
Joel L. Bennett
Director, Organizational Wellness & Learning Systems, Inc.
Fort Worth, TX

Connie Tyne, LMSW
Vice President and Executive Director of the Cooper Wellness Program in Dallas

How busy is too busy? Managing stress for peak performance

Endless demands take their toll on your body and mind - even contributing to weight gains, especially in mid-life.

In this session you will receive the tools needed to assess your level of stress to understand its impact and to enable you to deal with your busy schedule pro-actively.

You'll feel great!



Wednesday, 13 February 2008

Peter Schnall, MD, MPH
Director, Center for Social Epidemiology
Clinical Professor of Medicine, University of California, Irvine

Does work cause hypertension?

Cardiovascular disease (CVD) remains the major cause of morbidity and mortality in the industrialized world. However, our understanding of the etiology of hypertension and cardiovascular disease, as well as our ability to manage the epidemic, still remains limited.

The good news is: Current approaches to managing the CVD epidemic, based on powerful engineering models and using advanced medical techniques, as well as dealing with social life in the workplace, have been found to decrease signs and symptoms.



Wednesday, 26 March 2008

Judd Robert Allen, PhD
President of the Human Resources Institute,
Burlington, Vermont

Key strategies to revitalize your work environment

Three work climate qualities—a sense of community, a shared vision and a positive outlook—enhance the ability of individuals and organizations to adapt and grow. Where they are noticeably absent, fear, distrust and lack of connection, undermine coping mechanisms and add stress. Where they are noticeably absent, lifestyle improvement and organizational growth grind to a halt.

Learn how to assess the cultural climate and to develop strategies for revitalizing your social atmosphere at work.



Wednesday, 23 April 2008

Robert J. Gatchel, PhD, ABPP
Professor & Chairman, Department of Psychology, College of Science, The University of Texas at Arlington

Mind over matter: Mastering your environment

Most of us feel stress as we try to balance the environmental demands of work, home and our everyday lives.

Learn about cognitive-behavioral strategies that are easily used to manage life stress and ensure that stress does not get in the way of positive relationships with family and colleagues.

