Personal Resilience: Managing Your Energy
Date: Thurs. 5/6 at 11am-12pm
One factor influencing our stress level is how well we manage our energy. The concept of energy management is based on a new way of looking at self-discipline. It challenges the widely held view that time management is the key to work/life balance.

Managing Multiple Priorities
Date: Thurs. 6/10 at 11am-12pm
How do you manage when you have a number of priorities that require your attention? Do you end the day feeling frustrated or overwhelmed because you were not able to complete your tasks?

Overcoming Procrastination
Date: Wed 7/14 at 11am-12pm
Description: Tips for overcoming procrastination and removing roadblocks to productivity. Content includes: How to prioritize; and Developing decision-making skills.