



Stony Brook
University

THE OMBUDS OFFICE

*We're here to listen with an open mind.
We're here to help resolve problems fairly.*

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2022 MARCH ONLINE (7) WORKSHOPS

Click On Workshop Title To Register

HAVING RESPECTFUL & EFFECTIVE CONVERSATIONS

Tuesday, March 8 - 11:30 am to 1:30 pm

Differences often arise from a lack of communication. We tend to focus more on our own point of view, particularly during difficult conversations. We forget to try to fully understand the other person's perspective. This workshop is designed to: help us understand why we may avoid difficult conversations, define what a difficult conversation is and prepare for a conversation that is based on mutual respect and trust. We will review the importance of active listening skills as a foundation to effective conversations.

MANAGING CHANGE (Management/Supervisor Training)

Friday, March 18 – 12:00 pm to 2:00 pm

This workshop is an introduction to the change process and how to prepare yourself and your team for change. Workshop objectives are to: 1) Learn about change and transition, 2) Identify the emotions associated with change, 3) Understand why change initiatives fail, 4) Describe the 10 principles of leading change management, 5) Review the theoretical models of change, 6) Commit to working through the challenges of change and 7) Educate and support your team through change.

MANAGING UP – How to improve your relationship with your boss

Thursday, March 10 – 11:30 am to 1:00 pm

Would you like to manage your relationship with your boss? In most cases you can. Reduce unnecessary conflict or miscommunication. Listen, watch and learn about your boss's work style, expectations, priorities, pressures, plus strengths and weaknesses. We will discuss strategies to adjust your style when appropriate and to use your strengths to complement your boss and together work as a team.





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COMMUNICATING ACROSS GENERATIONS

Tuesday, March 22 – 12:00 pm to 1:00 pm

In today's workplace, it is likely one will have co-workers of varying ages, from Baby Boomers to Millennials to more recently Generation Z. This presentation will highlight the historical context, values, and preferred methods of communication, while providing you with the knowledge, tools, and techniques to successfully communicate with people of all generations.

COACHING SKILLS FOR SUPERVISORS

Thursday, March 24 – 11:30 am to 1:30 pm

Experts say that one of the keys to employee success is effective coaching. As a coach, it is important to consistently reevaluate your supervisory strategies to ensure performance improvement and promote productivity. This workshop will highlight effective coaching strategies, describe coaching skills, and define terms we often use interchangeably such as *coaching, counseling and mentoring*. They all help to guide a team to improve performance. You will also learn about the GROW model for coaching which is different from the GROW model at the Career Center. Additionally, there will be breakout sessions and an anonymous poll.

TEAM BUILDING – Working Effectively Together

Tuesday, March 29 – 1:00 pm to 2:00 pm

Working with others toward a common goal can be both rewarding and at times frustrating. This workshop will cover the following topics: team development, team roles and behavior, characteristics of effective teams, and dysfunctional team behavior. It also will address the vital importance that relationships play in team communication. (Team Assessment Questionnaire to be completed prior to the workshop.)

HOW RESILIENT ARE YOU?

Thursday, March 31 – 12:00 pm to 1:00 pm

We are all wired differently, but learning how to become more resilient can improve: our well-being, our relationships and our performance. Resilience is the ability "to bounce back" after encountering adversity or change. Why are some people more resilient than others? How is it that even though they experience the same event as we do, that they seem to cope better? Learn about resilience - what it is and what you can do to have resilience work for you.

