



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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Confidential Impartial Informal Independent

OCTOBER 2023 IN PERSON WORKSHOPS

COMMUNICATING ACROSS GENERATIONS - 1 hour

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.

October 25, Wednesday, 1:00 pm -2:00 pm, Frey Hall, Rm. 313 (West Campus)

October, 27, Friday, 12:00 pm - 1:00 pm, Health Sciences Center (HSC), Level 2, Rm. 101

COMMUNICATION TOOL KIT - I HEAR YOU - 1 hour

Communication is the key to establishing and maintaining effective and meaningful relationships. If you wish to be understood, you must also seek to understand. Through discussion, exercises and videos participants will learn and practice communication techniques.

October 13, Friday, 12:00 pm - 1:00 pm, Health Sciences Center (HSC), Level 2, Rm. 101

October 20, Friday, 12:00 pm - 1:00 pm, Frey Hall, Rm. 211 (West Campus)

MANAGING CHANGE - SUPERVISORY WORKSHOP - 2 hours

This is a 2-hour workshop. It's 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.

October 11, 2023, Wednesday, 3:00 to 5:00 pm, Health Sciences Center (HSC), Level 2, Rm. 1B

October 18, 2023, Wednesday, 12:00 pm to 2:00 pm, Frey Hall, Rm. 211 (West Campus)

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