

WORKSHOPS REJUVEN8

workplace wellness • resilient life • sustainable habits

Invest in yourself this spring

March 4

Training Your e.Y.e. to Prevent Burnout

Presenter: Bob Cunningham, LPC

Employee Assistance Counselor

9:30–11:00 a.m. | Old Main | Silver and Sage Room

March 17

How to G.R.O.W. Resilience

Presenter: Tanya Lauer, LPC

Employee Assistance Counselor

9:30–11:00 a.m. | Old Main | Silver and Sage Room

March 31

Energy Leadership

Presenter: Taylor S. Riall, MD, PhD

Interim Chair, Department of Surgery

9:30–11:00 a.m. | Old Main | Silver and Sage Room

April 21

Resiliency and Relationships: New Rules, New Boundaries

Presenter: Tanya Lauer, LPC

Employee Assistance Counselor

9:30–11:00 a.m. | Old Main | Silver and Sage Room

Additional details and registration at:

lifework.arizona.edu/ReJuven8

*A free workshop series for all University employees
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GROW



CREATE



EQUIP



CONNECT