

# WORK-LIFE WORKSHOPS

FOR FACULTY, STAFF, GRADUATE STUDENTS, AND POSTDOCS

A lecture-based program for faculty, staff, graduate students, and postdocs, the [Work-Life Workshops](#) cover a blend of self-care and professional development topics.

## FALL 2023

**Tuesday,  
September 19  
12:00 p.m.  
Sarratt 325/327**

### *Relax, Relate, Release: Engaging Your Breath and Mindfulness*

**Letimicia Fears**, Ph.D., Nkyinkyim Yoga

**Tuesday,  
October 24  
11:00 a.m.  
Zoom**

### *Now Is Not the Time to Panic: Emotional Resilience*

**Ciara Smith**, M.A., Student Wellbeing Coordinator,  
Center for Student Wellbeing

**Thursday,  
November 16  
11:00 a.m.  
Zoom**

### *The More We Get Together: Making Your Way Back into Community*

**Katherine Drotos Cuthbert**, M.L.A.S., Assistant  
Director, Center for Student Wellbeing

Register at: <https://linktr.ee/vuwomenscenter>

Have questions or need accommodations?  
Contact Dr. ReAnna S. Roby ([reanna.robby@vanderbilt.edu](mailto:reanna.robby@vanderbilt.edu))



**VANDERBILT UNIVERSITY**  
Margaret Cuningim Women's Center