

EQ + IQ = Career Success

ASPIRE Module

Tuesdays, 11:00am-12:30pm

October 27, November 3, 10, 17, and December 1, 2020

Zoom

Session: The Savvy Scientist

Speaker: Kate Stuart

Topics: Module Launch, Effective Communication, Emotional Intelligence

Session: Understanding your Strengths

Speaker: Kate Stuart

Topics: Completing Gallup's StrengthFinder assessment and exploring results, learning about the importance of developing strengths while being aware of weaknesses

Session: Conflict Resolution and Difficult Conversations

Speaker: Stacey Satchell, Graduate School Life Coach

Topics: Understanding ways to successfully navigating conflict

Exercise: Working in teams to seek solutions and present to the class via role-playing

Session: Individual Look and Deep Planning with Strengths

Speaker: Kate Stuart

Topics: Craft a plan for understanding strengths while applying to wellness and growth. Understand the measurements of happiness, wellness, self-assessment, and self-awareness.

Session: Heading to Work: Leadership and Managing Others

Speaker: Kate Stuart

Topics: Leadership skills, professional relationship-building, developing the work dynamic