

2000

2000 UNOPA Brown Bag Lunch Series, February

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"2000 UNOPA Brown Bag Lunch Series, February" (2000). *UNOPA Special Events*. 60.
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Take Advantage of UNOPA Brown Bag Lunch Series!

Thursday, February 10, 2000, 12:00-1:00 PM, City Campus Union

"Survival Strategies for Dealing with Problem People at Work"

In almost every work situation there is someone you encounter who is constantly difficult. Sometimes, it can feel as if this person is getting the best of you. How can you depersonalize the conflict and get beyond your feelings? Learn what styles of communication leave you frustrated or angry and how to "unhook" yourself from the negativity. Explore how to make good relationships at work even better.

Presenter: Nancy Myers, Director, Employee Assistance Program

Monday, February 28, 2000, 12:00-1:00 PM, East Campus Union

"GREAT Expectations: Five actions for Success at Work & Life."

There is so much to accomplish and so little time! While many of us long for success and happiness, most are not sure where to start looking or how to change. This presentation will help you explore five powerful actions as you work toward happiness in your life.

Presenter: Paul Wesselman, Steinhart Lecturer

Thursday, March 23, 2000, 12:00-1:00 PM, East Campus Union

"What's Your Perspective?"

How many times have you heard the words "It depends on your perspective?" Your perspective has a great deal to do with the effectiveness of communication. We all bring certain biases to interactions with others and your awareness of how these biases play into a verbal or nonverbal dialogue with people can sometimes make the difference between a positive, successful experience and frustration. Learn to identify some of the beliefs you bring to a conversation that help or hinder the outcome. Discuss how to mitigate interference in sending and receiving communication. Allow yourself to be a more effective communicator.

Presenter: Jane McClure, Counselor, Employee Assistance Program