



Fall 2019

MINDFULNESS 101

Presenter: Jenna Gehl Jones, Assistant Director, Emotional Well-Being, McDonald Center for Student Well-Being

Wednesday, September 18 - 12:00 p.m. – 246 Duncan Student Center

New to mindfulness or meditation? Interested in understanding more? Not sure what all the hype is about? Or do you already practice mindfulness and want a space to reconnect with your practice? Join us for a workshop focused on learning about and practicing mindfulness.

BECOMING A MORE SELF-AWARE AND EFFECTIVE SELF-ADVOCATE

Presenter: Joe Holt, Associate Teaching Professor, Mendoza College of Business

Wednesday, September 25 - 12:00 p.m. – 210 Duncan Student Center

It is critical in both our professional and personal lives to speak up effectively for what we need and want. But many of us fail to do so with unfortunate consequences for ourselves and ultimately for our most important teams and other relationships. In this workshop we will complete a bargaining style self-assessment to help participants get a better sense of their negotiation instincts and discuss strategies and tactics for speaking up more effectively for yourselves. If you don't, who will?

SETTING YOUR COMPASS

Presenter: Dr. Megan Brown, Director, McDonald Center for Student Well-Being

Wednesday, October 2 - 12:30 p.m. – 210 Duncan Student Center

Who and what is important to you? Who do you want to be? How much are these present and guiding your life? In Setting Your Compass, participants will learn how meaning and purpose impact their well-being, how awareness of personal values increases happiness and reduces stress and how reorienting their priorities can re-energize their lives. Dr. Megan Brown will take participants on an experiential journey to reconnect with their values, learn the most effective psychological intervention for promoting resilience, and practice a technique that cultivates a mindful and values-centered life.

AUTHENTIC PRESENTATIONS: HOW TO GAIN ATTENTION WHEN YOU SPEAK

Presenter: Dr. Talisha Haltiwanger Morrison, Associate Director, University Writing Center

Wednesday, October 9 - 12:00 p.m. – 210 Duncan Student Center

This session will focus on how-to's and helpful tricks of powerful speaking. You'll learn how to give an engaging presentation, how to demand attention when talking, and available resources on campus to improve your presentation skills.

MAKING THE MOST OUT OF ACADEMIC CONFERENCES

Presenter: Dr. Kristi Rudenga, Director of Instructor Development, Kaneb Center for Teaching and Learning and Dr. Kathryn Sawyer, Assistant Program Director, Office of Grants and Fellowships

Wednesday, October 16 - 12:00 p.m. – 210 Duncan Student Center

What are your goals for a conference? How do you plan and manage your time? How do you present yourself as a scholar and a colleague? In this session, you will learn strategies for getting the most out of academic conferences so that you can feel confident from Day 1.

Register at <https://gradconnect.nd.edu/portal/prof-dev-events>

Lunch will be provided



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