Balancing our lives is not just about efficiency. If it were, most of us would have solved the problem. This session will provide an opportunity to explore challenges with balance, what motivates you to say “yes” to some things and not others, and where you have trouble saying “no.”

**Learning the Art of Saying No...**

**Presenter:** Cathy Parker has a BS in Computer Science from Worcester Polytechnic Institute and an MS in Mental Health Counseling from SUNY New Paltz. She has over 10 years of experience working as a Life Coach and Career Counselor. **She is currently the Associate Director of Counseling in the Office of Career and Professional Development at the University at Albany.** Her certifications include MBTI, StrengthsQuest, and Life Coaching.

**To Register Contact:**
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[http://www.albany.edu/eap/event_sign-up.htm](http://www.albany.edu/eap/event_sign-up.htm)

**WEDNESDAY, FEBRUARY 1**
12 NOON—1:00 PM
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TUESDAY, JANUARY 31