Showing Up at Work

“Showing up” at work means being fully engaged and achieving great performance through assessing and balancing the various aspects of our lives. Granted, this is easier said than done sometimes. In this workshop, we will learn how to lead ourselves in an effective and sustainable way. During the session, we’ll focus on:

- How our level of engagement affects our work performance.
- How being healthy in many aspects of our lives can increase our work and life satisfaction.
- Thinking about and assessing our purpose and contribution at work.
- How to manage our time and run our lives in a way that is energizing.
- Being positive in the workplace and the effects of optimism.
- The importance of authentic connection with those around us.
- 12 simple strategies that help sustain productivity.

Join us for this interactive workshop which includes self-reflective activities and small group discussions.

Presenter: Mark Saine is the Senior Director of Client Executive and Leadership Development at TIAA. Mark supports clients by helping them to build leaders internally that are prepared to take on increasingly complex roles and manage the demands of a rapidly changing environment. He provides leadership development services including workshops, retreats, consultation, and coaching.

*Supervisor’s Approval Required to Attend

To Register Contact:
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442-5483 or online at
http://www.albany.edu/eap/event_sign-up.htm

Wednesday, March 1
9:30 am - 11:30 am
Assembly Hall
Campus Center

Employee Assistance Program-sponsored events are open to UAlbany and Research Foundation faculty, staff, family members, UAS employees, GSEU members, and retirees.