



Stony Brook University

THE OMBUDS OFFICE

*We're here to listen with an open mind.
We're here to help resolve problems fairly.*

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Confidential Impartial Informal Independent

2024 FALL WORKSHOPS

Who can attend: *faculty, staff and students or where noted*

TO REGISTER - select a workshop title

COMMUNICATING WITH CARE & COMPASSION - IN PERSON

Who do you want to be? How do you want to be perceived? How you communicate tells the world a lot about you. Whether you care, whether you're approachable, and whether you can take care of yourself. How can we as students, faculty and staff maintain our humanity and focus on our work when we are also dealing with so many stressors: global issues, politics, or personal/family concerns. Can we be respectful and sensitive to each other's needs? Join me and let's find out.

<i>September 16, 2024</i>	<i>Monday, 12:30 pm - 1:30 pm</i>	<i>Frey Hall Rm. 211</i>
<i>October 18, 2024</i>	<i>Friday, 12:00 pm - 1:00 pm</i>	<i>HSC, Level 2, Rm. 154</i>

DEPOLARIZING CONVERSATIONS - ZOOM

The goal of this workshop is to have productive and respectful conversations with others whose views differ from our own. The content is based on the work of several authors. You will learn how to depolarize conversations while honoring each other's humanity and personal values.

<i>September 12, 2024</i>	<i>Thursday, 12:00 pm - 1:30 pm</i>
<i>September 23, 2024</i>	<i>Monday, 1:00 pm - 2:30 pm</i>

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HOW RESILIENT ARE YOU? - IN PERSON

We are all wired differently, but learning how to become more resilient can improve: our well-being, our relationships, and our performance. Resilience is the ability "to bounce back" after encountering adversity or change. Why are some people more resilient than others? How is it that even though they experience the same event as we do, that they seem to cope better? Learn about resilience - what it is and what you can do to have resilience work for you.

<i>September 30, 2024</i>	<i>Monday, 12:30 pm - 1:30 pm</i>	<i>Frey Hall, Rm. 211</i>
<i>October 11, 2024</i>	<i>Friday, 12:00 pm - 1:00 pm</i>	<i>HSC, Level 2, Rm. 154</i>

MANAGING HIGH CONFLICT BEHAVIOR (For Supervisors, Faculty) - ZOOM

High Conflict Behavior– What Is It & What Can You Do About It

High conflict behavior in the workplace creates unnecessary stress, affects team motivation and morale and negatively impacts both individual and organizational performance. This workshop will describe high conflict thinking and high conflict behavior. Participants will learn and practice the BIFF response to high conflict behavior.

<i>September 26, 2024</i>	<i>Thursday, 12:00 pm - 1:30 pm</i>
<i>October 30, 2024</i>	<i>Wednesday, 1:00 pm - 2:30 pm</i>

TEAM BUILDING FUN - IN PERSON (NEW)

Through discussion and participation in team building exercises participants will discover their strengths, increase their communication skills, learn about each other and have fun. The exercises motivate teams, and create a positive environment to support a more inclusive, collaborative and productive culture.

<i>October 16, 2024</i>	<i>Wednesday, 12:30 pm - 1:30 pm</i>	<i>Frey Hall, Rm. 211</i>
<i>October 25, 2024</i>	<i>Friday, 12:00 pm - 1:00 pm</i>	<i>HSC, Level 2, Rm. 154</i>

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