

Postdoc Relevant Trainings and Workshops: January-March 2020

| Topic Area | Date | Time | Location | Registration |
|--|-----------------|----------------|--|----------------------------|
| S e l f - C a r e a n d W e l l n e s s | | | | |
| Mindful Strategies for Managing Cyber Stress | Thursday, 1/16 | 12:00-1:30pm | Countway, Ballard Rm | click here |
| Boosting Resilience | Thursday, 1/23 | 12:00-1:00-pm | Countway, Minot Rm | click here |
| Exploring the Concept of Grit | Wednesday, 3/18 | 9:00-10:15am | 4 Blackfan Circle, Conference Rm 410/411 | click here |
| P r o f e s s i o n a l & I n t e r p e r s o n a l D e v e l o p m e n t | | | | |
| Fostering Trusting Relationships at Work | Tuesday, 1/21 | 9:30am-12:30pm | Gordon Hall, Faculty Waterhouse Rm | click here |
| Managing Up | Wednesday, 1/29 | 10:00am-3:00pm | Countway, Minot Rm | click here |
| Conversations that Take Courage | Tuesday, 2/4 | 10:00-11:30am | Countway, Minot Rm | click here |
| The Art of Giving Feedback | Tuesday, 3/10 | 9:30am-12:30pm | Countway, Minot Rm | click here |
| The Power of a Positive No | Tuesday, 3/17 | 9:30am-3:00pm | Countway, Ballard Rm | click here |
| Effective Strategies for Dealing with Abrasive Behavior | Tuesday, 3/24 | 12:00-1:45pm | Countway, Minot Rm | click here |
| How to Network at Harvard | Tuesday, 3/31 | 12:30-2:30pm | Countway, Minot Rm | click here |
| L i f e E s s e n t i a l s | | | | |
| Welcoming a Baby? Thinking of Adoption? New to Child Care? | Thursday, 1/30 | 12:00-1:00pm | Countway, Ballard Rm | click here |
| Parenting in the Age of Technology | Wednesday, 2/5 | 12:00-1:00pm | Countway, Ballard Rm | click here |

