



Work – Life Balance And Communication Skills

Two Workshops with Dr. Susan Robison

The Center for Teaching and Learning is pleased to invite you to two workshops with Dr. Susan Robison from the College of Notre Dame of Maryland next week Friday, November 10. *Refreshments* are provided!

The **first workshop** is from 10 a.m. to 12 noon at the CTL, Library Room 310. It is targeted at academic leaders, especially department chairs and program coordinators. Please RSVP!

Dr. Robison will discuss and present experiential activities on topics such as:

- The challenge of going from faculty member to administrator—your life as “they”
- Motivating and engaging faculty members suffering from blow-out, burnout, and rust-out
- Setting limits, creating healthy boundaries and saying “no” without burning bridges
- Increasing resiliency to stress.

The **second workshop** is from 1:30 to 3:30 p.m. in the Student Union, Room 003. This workshop is targeted at all faculty members and instructors. Please RSVP by calling x4467!

College faculty seek to make a contribution – to their fields and to the field of higher education. They wear many hats in their complex job descriptions. Unlike most faculty development workshops, which emphasize improving your skills in the roles as teacher, scholar, advisor, and administrator, this lively, interactive workshop will help you develop a customized plan for improving your work-life balance. Practical suggestions and exercises derived from the research on wellness, peak performance, and positive psychology will be applied to the top three challenges to living a balanced life in the academy. If you are suffering from the work stresses of blowout, burnout, and rust-out, you cannot teach what you do not have. Reenter the classroom with a renewed sense of why you are there and how maintaining better work-life balance will increase your job satisfaction and your effectiveness in all your roles.

In particular, participants will explore strategies for:

- Living purposefully including reconnecting to why they entered the field of higher education and what will keep them engaged and productive
- Living fully through a satisfying personal and professional life
- Living healthy in body, mind, and spirit
- Living abundantly in opportunity and resources
- Living harmoniously with colleagues, students, friends and family.

Susan has offered to stay past the ending time of her afternoon workshop and discuss questions with interested individuals and groups. If you would like to get her input on specific issues, consider staying and engaging her in more conversation!

What clients have said about Dr. Robison:

"Finally, a time management workshop for academics by an academic. The tips were specific and immediately useable." *Medical faculty member*

"Our only complaint about Susan's workshop was that we wanted more time with her. She gave us much and we knew she had more." *Department Chair*

"Susan helped me to focus my teaching, research, and clinical work on a few key elements at a time. I protested that I would not keep up my productivity. I shouldn't have worried. The strategy helped my get more done because it helped me decrease my frantic unproductive multitasking." *Woman faculty member (John's Hopkins University Medical School)*

"Susan models such peace and wisdom. She is what she teaches."

Dr. Robison's clients include:

- Johns Hopkins University Medical School Faculty;
- University of Wisconsin Faculty College;
- College of Notre Dame of Maryland;
- Nat'l Assoc. of Women Business Owners;
- Maryland State Highway Administration;
- Johns Hopkins Applied Physics Lab;
- Maryland Society of Hospital Pharmacists;
- National Security Administration;
- American Psychological Association;
- National Council of Catholic Women;
- Women in Computing;

Susan Robison, Ph.D. is a psychologist, author, and consultant. A former academic department chair, Susan is a professor of Psychology at the College of Notre Dame of Maryland where she teaches leadership courses in the graduate school. Susan is the author of two leadership books (*Discovering Our Gifts* and *Sharing Our Gifts*), as well as numerous articles on leadership and work-life balance. She maintains a clinical practice at the Center for Extraordinary Marriages where she is co-director with her husband of 36 years. Her *Professor Destressor* faculty development topics include stress management, leadership, work-life balance, and communication skills. Her coaching clients consult her for help with improving work-life balance, time management, and increasing productivity. In 2004 the Executive Women's Network presented Susan with the Mandy Goetze award for service and leadership to business in the Baltimore area.

Susan also maintains a website with additional resources. Go to: www.ProfessorDestressor.com