

## Join Us To



**Learn the difference  
between emotional labor  
and emotional work**



**Identify types of emotional  
labor that impact you**



**Explore ways to support a  
sustainable self**

# Professional Learning Workshop

## Faculty & Staff Welcome

**Facilitator: Yvonne Montoya, Associate Prof.**

**Date: 10/30/23**

**Time: 12:00pm - 1:00pm**

**In-Person Workshop: IHHI 298**



## Description

Emotional labor requires that individuals manage their emotions in an effort to adequately perform their paid work. Being a faculty or staff member at an academic institution is one industry that demands emotional labor. While managing emotions is an important aspect of the job, it can lead to increased stress, burnout, absenteeism, and turnover. It is important for institutions and individuals to recognize the impacts of emotional labor and develop ways to deal with this labor in beneficial ways.

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