



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

Denise Henry, CTLL Director
denise.henry@csupueblo.edu

Karen Yescavage, Fellows Director
karen.yescavage@csupueblo.edu

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.

