

WINTER 2022



Adult SEL Series

Take 30 minutes for yourself and join us as we cultivate, discuss and reflect on adult social and emotional competencies. You do not have to attend all sessions.

- **To Be or Not to Be UnSELFIE:** During this session, the overall concept of empathy will be discussed, including the three different types of empathy and tips for practicing.
 - Wednesday, January 19th at 2:30pm or 4:15pm
 - Facilitators: Frances Basich & Dr. Tieandra Lewis
- **The Power of Our Words: Listening & Speaking with Intention:** No matter what your day-to-day responsibilities entail, effective communication skills are crucial. In this session, we will be looking at ways to improve our communication skills through active listening, giving and receiving feedback, and having difficult conversations. Let's explore the Power of Words!
 - Tuesday, February 8th at 2:30pm or Wednesday, February 9th at 4:15pm
 - Facilitators: Michael Kanusky & Kaitlyn Kohls
- **Real Eyes Realize Relationships:** Are your eyes open to building and maintaining positive relationships? In this session, we will discuss the importance of building positive & maintaining positive relationships.
 - Wednesday, February 15th at 2:30pm or 4:15pm
 - Facilitators: Jolisa Castell & Eileen Nieves

Register at
<https://forms.gle/DpnhMUpGYFSMgEz46>
Calendar invites will be sent with Google Meet link.

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