



Stony Brook
University

THE OMBUDS OFFICE

*We're here to listen with an open mind.
We're here to help resolve problems fairly.*

stonybrook.edu/ombuds • (631) 632-9200

Confidential Impartial Informal Independent

OCTOBER 2020 ONLINE WORKSHOPS

COMMUNICATING WITH CARE & COMPASSION (NEW)

Who do you want to be? How do you want to be perceived? How you communicate tells the world a lot about you. Whether you care, whether you're approachable, and whether you can take care of yourself. How can we as students, faculty and staff maintain our humanity and focus on our work when we are distracted by so many stressors: personal/family issues, global issues and navigating a new way of working and learning? Can we be respectful and sensitive to each other's needs? Join me and let's find out. [REGISTER HERE](#)

October 14, Wednesday, 6:00 pm -7:30 pm

October 22, Thursday, 12:00 pm -1:30 pm

MANAGING UP – How to improve your relationship with your boss

Would you like to manage your relationship with your boss? In most cases you can. Reduce unnecessary conflict or miscommunication. Listen, watch and learn about your boss's work style, expectations, priorities, pressures, plus strengths and weaknesses. We will discuss strategies to adjust your style when appropriate and to use your strengths to complement your boss and together work as a team. [REGISTER HERE](#)

October 15, Thursday, 6:00 pm -7:30 pm

October 23, Friday, 1:00 pm -2:30 pm

NEGOTIATING CONFLICT (A SUPERVISORY TRAINING)

Conflict is very common between individuals and within groups. It is a natural part of interactions with others. Knowing your conflict management style will help you develop skills to more effectively manage conflict. Discover how you scored on the Conflict Mode Inventory. Then, see how your negotiating style helps and/or hinders solutions to any conflict situation. Learn about the other conflict styles, what they have to offer and when to use them. (Conflict Mode Inventory to be completed prior to workshop).

[REGISTER HERE](#)

October 16, Friday, 9:00 am -11:00 am

October 22, Thursday, 4:00 pm -6:00 pm

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