



CALS 2020 Lunch and Learn Series

“2020 Vision: Building a Stronger Community Together”

In 2019 we focused on self-care, in 2020 we will change our focus outward. Think about how you work with others and how to communicate in a more meaningful way.

These sessions will be held at 12pm on the third Wednesday of each month (January through October), and we will be offering the sessions both in-person and remotely as we want to make sure that all of our employees are able to take part in these offerings.

All sessions will be recorded in case the timing does not work with your schedule. We hope you will join us each month for these community training opportunities. Bring your lunch, bring a friend! No need to pre-register this year, just show up when you can.

January 15th: The Art of Being a Goal Setter by the Wellness Team, 125 Polk Hall

February 19th: Giving and Receiving Feedback with Dr. Mitzi Downing, 1911 Building Rm 138

March 18th: Making the Most of the Google Suite with Katie McInerney, 1911 Building Rm 138

April 15th: Recognizing the Impact of Stress on Yourself and Others with Dr. Kim Allen, 1911 Building Rm 138

May 20th: Understanding Emotional Intelligence with Dr. Rhonda Sutton, 118 Ricks Hall

June 17th: Improving Social & Cultural Awareness with Dr. Alex Graves, 118 Ricks Hall

July 15th: Building Effective Teams with Roy Baroff, 118 Ricks Hall

August 19th: Building Your Professional Image with CALS Human Resources, 1911 Building Rm 138

September 16th: How to be a Team Player with Dr. Mitzi Downing, 1911 Building Rm 138

October 21st: Identifying Resources for those Impacted by Domestic Violence and How to Assist with Suicide Prevention with Dr. Tina Nelson-Moss, 1911 Building Rm 138

To watch remotely or watch a recording of a session please go to:

<https://mediasite.wolfware.ncsu.edu/online/Catalog/catalogs/2020-cals-lunch-and-learn-series>