

Presentations at Your Place

Looking to build a positive workplace culture, create a shared team experience, or address a challenge?

Call FASCCO at (734) 936-8660, to learn if one of these no-cost presentations is the right fit for your department.



**FACULTY & STAFF COUNSELING
& CONSULTATION OFFICE**
UNIVERSITY OF MICHIGAN

CREATIVE THINKING

Take time to think outside the box and color outside the lines. This presentation explores factors that influence creativity and examines the stages of creative thought. Through discussion and exercises, participants are encouraged to use their imaginations and think laterally in order to unlock creative insights.

EMBRACING CHANGE

Having mixed feelings about a big change coming your way? You're not alone. In this session, participants will gain tools for better understanding how they are affected by change, learn how to recognize signs of stress and anxiety, and develop an individualized stress survival plan.

GRATITUDE WORKSHOP

Explore the concept of gratitude from ancient philosophers, to major faith/spiritual traditions, to contemporary thinkers. The scientific research on the benefits of gratitude will also be explored. Prepare to delve deeper and identify the many forms of gratitude in your life.

HUMOR FOR THE HEALTH OF IT

Humor is vital for maintaining good physical and mental health. Come have fun and relieve some tension while learning ways to look at the humorous side of things.

INTRODUCTION TO STRESS MANAGEMENT

This brown bag examines the dynamics of stress and helps participants identify the sources of harmful stress in their lives. Participants will review stress management techniques and be encouraged to adopt those that suit their personalities and encourage healthy lifestyles.

MANAGING YOUR STRESS THROUGH MANAGING YOUR THINKING

This brown bag is available to all units on central campus, this brown bag identifies ways in which negative and illogical thinking often leads to personal and occupational stress. The brown bag also includes methods to replace these illogical thoughts with more logical or rational ways of thinking, which has been found to significantly reduce stress.

QUICK TIPS FOR SELF CARE

This one-hour session focuses on tools and skills for prioritizing self care. Don't have a lot of time to squeeze it in? No problem. Folks will walk away with a tangible plan and self care techniques that they can use both at home and at work, even when time is limited.

STRATEGIES FOR DEALING WITH DIFFICULT PEOPLE

This session first examines why some people are difficult to deal with and why they act the way they do. Some tips on what pitfalls to avoid when interacting with difficult persons are given. The key principles and strategies for dealing with difficult behaviors are provided and discussed.

UNDERSTANDING MENTAL HEALTH CONDITIONS, THEIR IMPACT & STRUCTURING A CONVERSATION OF CONCERN

An estimated 1 in 5 Americans experience a mental illness in their lifetime. Given that, a family member, friend, coworker or yourself might be that one person, thus obtaining a better understanding of how emotional/mental health conditions impact you and those around you can be beneficial. Learn to recognize symptoms of emotional distress with those you care about. Also suggestions will be provided on how to script and start a conversation of concern in a caring and effective manner, while honoring the dignity of the person.