



WHAT'S NOW, NEW AND NEXT AT SOUTHERN OREGON UNIVERSITY

## Professional Development workshops with SOU

SOU's professional development will be offering the workshop on The Four C's of Wellness on October 14, 2021. This workshop will be offered virtually with Dr. Lucy Houghton.

Join us for this workshop where you will learn how to support your well being and mitigate burnout. You will explore the foundations of living a brave, joyful, authentic life through courage, connection, care and compassion.

As professionals, leaders, and humans, we are in the business of helping other humans, directly or indirectly. As we help others, we can sometimes lose sight of our own purpose and joy. This session explores tools to reignite our purpose and find our way back to a joyful life, in and outside of work.

For more information and to register, go to [sou.edu/professional](https://sou.edu/professional) or email [professional@sou.edu](mailto:professional@sou.edu).

SOU is offering five more 3-hour virtual workshops to transform your leadership and communication skills with emotional intelligence. Carolyn Stern will be leading these workshops which will include topics on Emotional Intelligence and Success in the Workplace, Using Emotional Intelligence to Give, Receive & Solicit Feedback, Resolving Conflict Through Mastering Difficult Conversations, Cultivating Emotional Resilience, and Engaging Remotely Using Emotional Intelligence. For more information and to register, go to [sou.edu/professional](https://sou.edu/professional).