



UUP Membership Development Committee Presents

“Making the Most of Transition: How Resilient Are You?”

Open to all UUP members

*Note: Please contact
UUP Membership
Development Officer,
Pamela Wolfskill,
for further information
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**LUNCH WILL BE
SERVED
RSVP to Corinne
Burns at 2-6570
or email
cmburns@notes
by 9/23 as space
is limited.**

**UNITED UNIVERSITY
PROFESSIONS**

104 Old Chemistry
SUNY Stony Brook
Stony Brook, NY 11794-3475
631-632-6570

**September 29, Tuesday, 12 –1:00 p.m.
Location: WSCC, 118 Old Chemistry**

Do you ever wonder why two different people exposed to the same type of stress react differently? Resilience is the ability to recover from or adjust easily to change.

Learn about the factors that influence how well one copes with stressful life events, manage damage control for work relationships during organizational change, and how to survive the changes from a new boss, a new policy or even a new job site.

Staying resilient is like staying in shape—some are born lucky but most have to work at it. Come to the workshop and take the resiliency quiz and discover where you need to focus your efforts.

Presenters:

Donna Buehler, Director SBU Employee Assistance Program, Edward O’Connell, UUP Chapter Grievance Officer and Pam Wolfskill, UUP Chapter Membership Development Officer.

NEXT STEP

Save the date:

October 27, 12 Noon - If you’ve done all you can do to cope with your job changes and feel you have exhausted all your resources, don’t forget you have a UUP legal contract for solutions. Plan to attend the upcoming workshop “**Know your contract, know your rights.**”

