

PROFESSIONAL DEVELOPMENT EVENTS

MARCH/APRIL/MAY 2019

Come join in the learning fun!

CALENDAR OF EVENTS

March 14, 2019

Self-Confidence - The Ultimate Interview Tool

Anxiety reduction tools that can help employees shine while interviewing for that new position or promotion. Hornet Bookstore Conference Room, 2nd floor. 12-1 pm

March 27, 2019

Empowering Your Life Through Change

Change happens. This workshop identifies several effective tools for coping with the demands of and maximizing the opportunities in change.
Del Norte Hall 3010, 3rd Floor. 11:30 am-1 pm

April 2, 2019

Art of Conscious Living

Many of us are judged in life by how quickly we can get things done. Because of this, it is difficult to develop the mindset of slowing down, getting centered and getting focused.
Del Norte Hall 3010, 3rd Floor. 12-1:30 pm

April 10, 2019

Business Etiquette

Basic knowledge and practice of etiquette is a valuable advantage in business. Your actions will be remembered as your company's actions.
Del Norte Hall 3010, 3rd Floor. 12-1 pm

April 18, 2019

How to Shake a Bad Mood

Learn how to shake a bad mood quickly and get on with your life.
Del Norte Hall 3010, 3rd Floor. 12-1 pm

May 8, 2019

Building Self-Esteem Through Positive Self-Talk

Positive self-talk can help you in a number of ways, including building self-esteem, managing conflict and handling criticism. Del Norte Hall 3010, 3rd Floor. 12-1 pm

To register, please visit the new Professional Development & Training website at https://www.csus.edu/hr/departments/professional_development_and_training/training.html



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