ASAC Spring Program 2014

Maximizing Work-Life Health
A Forum for the MSU Specialist Community

Friday, February 21 8:30-10:30 a.m.
(coffee/continental breakfast 8:00-8:30 a.m.)
Location: Eppley Center 115, Broad College of Business

Do you feel overwhelmed trying to do it all?

Join this interactive session to gain perspective on how to navigate work-life challenges while maintaining your emotional, mental, and physical health

Increase awareness of existing MSU resources that support your health and well-being

Key Insights, Resources, and Q & A

With

Lisa Laughman, LMSW, ACSW, Counselor, MSU Employee Assistance Program and Emotional Wellness Consultant, MSU Health4U

Topics: The emotional wellness check in. This session will highlight internal factors that impact a person’s moment to moment personal experience of reality. Participants will learn how to “check in” on their “emotional health status” and to utilize this new awareness to inform their perspective, behavioral responses, and ability to take care of themselves at any given moment.

Lori Strom, MPA, CHRS, Family Resource Coordinator & Work-Life Consultant

Topics: Navigating responsibilities at work, school, and home. Identifying your strengths and work style while managing boundaries and relationships between work and family. Understanding caregiving responsibilities, and discovering how flexible work arrangements and workplace services can enhance productivity and job satisfaction.

Jon Kermiet, MACHES, LifeRx Coordinator, Olin Health Center

Topics: Clarifying what is reasonable in adopting personal fitness and wellness goals that work for you. Resources include wellness assessment and comprehensive fitness evaluation for achieving your fitness and wellness goals. Connecting with MSU Recreational Sports and Fitness services, trainers and other resources in the community.

Suggested parking: Shaw Ramp across from Eppley Center or Wharton Center
We hope to see you there! Register at: http://asacworkandlife.eventbrite.com