

PROFESSIONAL DEVELOPMENT SUITE

This highly interactive workshop series is designed to introduce faculty and staff to tools and techniques that are easy to implement and build resilience to dramatically increase overall well-being for themselves and their students.

Each 2-hour workshop will be facilitated live online by U-Thrive Educational Services in an interactive format.



POSITIVE PSYCHOLOGY: THE ART OF HUMAN FLOURISHING

- Understand the concept of positive psychology and its relevance to well-being.
- Familiarize participants with the PERMA framework and its five "buckets" of well-being.
- Practice techniques for cultivating positive emotions, engagement, and meaningful relationships.
- Reflect on personal strengths, meaning, and achievement within the context of well-being.
- Based on workshop insights, create an action plan for personal well-being and professional development.



MINDFULNESS: CULTIVATING PRESENT MOMENT AWARENESS

- Understand the definition and benefits of mindfulness in both formal and informal contexts.
- Develop body awareness and cultivate the mind-body connection through mindful movement exercises.
- Learn effective strategies for improving communication skills and building better relationships with colleagues and students.
- Explore practical ways to bring mindfulness into everyday life, including the power of the pause, creating rituals, and using transitions as opportunities for mindfulness practice.
- Engage in guided meditation to experience firsthand the practice of mindfulness.



SELF-COMPASSION: THE POWER OF SELF-KINDNESS

- Understand the concept of self-compassion and its three components.
- Recognize common myths about self-compassion and explore evidence-based benefits.
- Explore the power of supportive touch and its role in self-compassion practices.
- Engage in self-compassion break practice to relieve stress in moments of difficulty.
- Gain practical tips for working with students compassionately.