Engaging the Hard Conversations: Effective Communication for Graduate Students & Postdocs

Thursday, October 22, 2019
10:00am-12:00pm
Room D, Student Community Center (SCC)
Please register: https://engaginghardconversationsoct22.eventbrite.com

Does conflict make your jaw tight, your palms sweaty, and make you want to run the other way? While it’s often viewed as negative, conflict is actually a normal and natural part of our everyday lives, whether it’s with another student, faculty or staff member. This session will provide specific tools designed to help you deal with conflict in a productive, effective way. Topics covered include: clues to recognize conflict before it escalates, strategies for effectively communicating your needs, and tips on how to navigate highly emotional situations. These topics overlap with the upcoming Spring Quarter workshop “Managing the Hard Conversations: Effective Communication for Emerging Managers,” but focus on conflict dynamics with peers and supervisors.

Snacks will be provided to those who register.

Note that an additional session (identical content) is offered on November 5, 2019 from Noon – 2:00pm – click here to register if that better suits your schedule.

Sponsored by the Ombuds Office &

UCDAYS
GradPathways Institute for Professional Development
Graduate Studies