

**UCLA
STAFF AND FACULTY
COUNSELING CENTER**

**WORK - LIFE
program**

presents a "Learn at Lunch" series...



Bringing Your Whole Self to Work

We all have different identities that come to the fore in different circumstances. Do you feel like one person at home and another at work? Are you looking for a way to boost your productivity, enthusiasm, and meaning at work? Join us for a presentation on *bringing your whole self to work*. Know yourself and how to be your best and "whole self" at work, so that you can better harness your full power in your job. Is your job just a paycheck or something more? Discover what you can do now to transform your presence at work and change TGIF to Thank Goodness I'm Here.

We spend much of our waking life at work. Why not enjoy it? Gather your full power and potential by...

- Using all of who you are to be more complete and more engaged at work
- Identifying those aspects of yourself that are important to you and can bring strengths to who you are at work
- Being more authentic and effective

If you can't wait to get started, please visit <http://map.ais.ucla.edu/go/1001474> and click on the Bringing Your Whole Self to Work Worksheet for an exercise to get you thinking and help get the most out of the presentation.



Date: Wednesday, March 30, 2011

Time: 12pm - 1pm

Location:

Semel Institute for Neuroscience and Human Behavior Building
(NPI Auditorium)
720 Westwood Plaza, Rm C8-183

Please RSVP by calling **(310) 794-0245**

Or email lenawu@chr.ucla.edu

Space is limited.



Guest Speaker

Bernardo M. Ferdman, Ph. D., Professor at Alliant International University's California School of Professional Psychology, specializes in diversity and multiculturalism at work with over 27 years of experience. He has a broad knowledge of research, theory, and practice in organizational development, cross-cultural management, leadership, and inclusion. He provides coaching, workshops, and facilitation.

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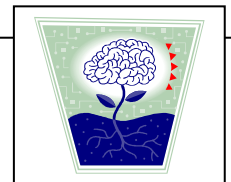
Changing Your Mind Through Mindful Awareness

Modern times are hectic and full of responsibilities. There is always one more thing on our to-do list than we have time for, a little more stress than we would like...Come reinvent yourself by learning how to make your mind into an ally rather than letting it run away with you.

Recent research shows that our minds are *flexible*. Mindful Awareness has scientific support as a means to reduce stress, improve attention, boost the immune system, reduce emotional reactivity, relieve anxiety and depression, and promote a general sense of health and well-being.

Be present. Please join us to learn useful tools to:

- Attend to the present moment and experience thoughts, emotions, and sensations without judgment
- Relax with nothing more than your mind and a spare moment
- Increase your mind-body awareness
- And participate in a mindfulness exercise!



Date: Monday, April 4, 2011

Time: Noon - 1pm

Location:

Semel Institute for Neuroscience and Human
Behavior Building
(NPI Auditorium)
720 Westwood Plaza, Rm C8-183

Please RSVP by calling (310) 794-0245

Or email lenawu@chr.ucla.edu

Space is limited.

Guest Speaker

Marvin Belzer, Ph. D., has taught mindfulness meditation for over fifteen years and is currently overseeing the Mindful Awareness Research Center here at UCLA. He has worked to bring mindfulness practices to teens and adults. He is also a former professor of philosophy and author. Learn more about mindfulness and find meditation resources at www.marc.ucla.edu.



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Reinventing Your Body Through Fitness

Do you feel stressed and overworked in these challenging times? Have you been struggling with that New Year's resolution to take better care of your body and health? Come learn tools to look after your health, even when you are short on time.

Please join us for a Learn at Lunch session that will teach you how to renew your commitment to health in manageable steps including:

- Understanding the connection between stress and physical inactivity
- Learning the latest trends in fitness
- Identifying the barriers that interfere with a healthy routine – and how to break them down
- Practice exercises that you can do almost anywhere!

Date: Friday, May 20, 2011

Time: 12pm-1pm

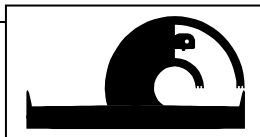
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GUEST SPEAKER

Elisa Terry is the FITWELL program director here at UCLA and is a Certified Strength and Conditioning Specialist. She is knowledgeable and fun! The FITWELL program provides education and motivation to empower faculty, staff, and students to make healthy lifestyle choices. FITWELL provides group fitness classes, state-of-the-art equipment, walking programs, massages, and much more. More information is available at www.fitwell.ucla.edu