



Stony Brook
University

THE OMBUDS OFFICE

*We're here to listen with an open mind.
We're here to help resolve problems fairly.*

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APRIL 2025 IN PERSON WORKSHOPS for Faculty, Staff & Students

TO REGISTER & View Locations - select a workshop title - OR Scan QR code

Communicating Across Generations - 1 hr. (4/3 @ 12:30 to 1:30 pm & 4/16 @ 12 to 1 pm)

In today's workplace, one is likely to have co-workers of varying ages, from Baby Boomers to Millennials to more recently Generation Z. This presentation will highlight the historical context, values, and preferred communication methods, while providing you with the knowledge, tools, and techniques to successfully communicate with people of all generations.

Emotional Intelligence - 1 hr. (4/18 @ 12 to 1 pm & 4/21 @ 12 to 1 pm) NEW

Emotional Intelligence isn't just a buzzword. It's about understanding and managing our emotions which in turn enhances our ability to connect with others. We will define Emotional Intelligence, and give you opportunities to test your EQ. The path to successful relationships is gaining insight into your thoughts, feelings and behavior. This sets the foundation for social awareness.

Together We Thrive - Building a Culture of Belonging - 1.5 hrs. NEW

(4/15 @ 12:30 to 2 pm & 4/29 @ 12:30 pm to 2 pm)

What does it truly mean to belong? Have you ever struggled with this issue? Or, do you know others who have? Do you feel seen, heard and valued?

What does belonging feel like and look like in our communities at work, at school and at home? Test your knowledge with 3 quizzes to be completed in breakout groups.

At the conclusion of this workshop you will more fully understand the concept of belonging, and how you can contribute to an environment of inclusiveness.

A Supervisory Guide for Faculty - Supporting Graduate Student Success - 2 hrs. NEW

(4/2 @ 12 to 2 pm & 4/30 @ 12 to 2 pm)

Effective supervision goes beyond simply assigning tasks and providing mentorship. It involves fostering a healthy environment where challenging situations, including conflict, can be managed constructively. This interactive workshop aims to enhance your supervisory skills by exploring the key components for effective supervision.

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