

*The Office of Human Resources is pleased to collaborate with
campus departments and organizations to present*

Training Tuesdays

September 2015

September 22

Counseling & Psychological Services (CAPS) is your friend. How to help students get the help they need.

12:30 p.m. – 1:30 p.m.

Centennial Hall, Room 115

Sponsored by Counseling & Psychological Services

This discussion format will inform participants about the wide variety of CAPS services, common presenting concerns and how to engage students about whom you may have concerns.

PRESENTER: John Eggers, PhD LP is the Director of CAPS for the past 9 years. He does a mix of clinical, outreach, supervisory and administrative work.

September 29

What Color Is Your Personality?

12:30 p.m. – 1:45 p.m.

Atwood Memorial Center, Cascade Room

Sponsored by Career Services, Department of Campus Involvement, Human Resources and Multicultural Student Services

Learn more about yourself and how to enhance relationships with the people in your life! Do you ever wonder why you think the way you do? Or why everyone else doesn't agree with you? How does your personality fit in with your lifestyle, friends, job and organizations to which you belong?

Through this fun, high-energy session, you will learn the primary and secondary colors of your personality - and how other people's personalities affect you, as well. Participants will identify and understand individual strengths, personality patterns, and internal motivators - and also recognize potential blindspots and challenges.

Please arrive on time to complete the full personality assessment.

PRESENTERS: **Tracy Flynn Bowe**, co-owner of New Directions Counseling & Training, Ltd., is a dynamic presenter, skilled consultant, and organizational trainer. She uses a strength based, whole-person, and systems approach to change, conflict, collaboration, and organizational growth and development.

Pre-registration is not necessary and there is no fee to attend.