Building Positive Mental Habits
January 13th, 5:00 - 6:30 PM PST
RSVP: https://tinyurl.com/yxsfo9dv

Positive mental habits are key to building confidence, managing an academic workload, successfully pursuing goals, and coping with the stresses of daily life. During this interactive session, participants will have a space to discuss and learn about negative thoughts and how they influence resiliency. Participants will gain strategies for building positive mental habits.

Maintaining Effective Communication
February 3rd, 5:00 - 6:30 PM PST
RSVP: https://tinyurl.com/y4or9p6p

Good communication is a key element of any relationship and a mentoring relationship is no exception. It is critical that mentors and mentees seek to understand their own and the other's communication styles and agree on the preferred modes, frequency and relative responsibilities for communication. During this workshop we will use evidence-based methods to help participants develop skills to maximize the effectiveness of their mentoring relationships. Trainees will utilize case studies and small-group discussions to build a key mentoring competency, effective communication.

Dealing with Conflict
February 17th, 5:00 - 6:30 PM PST
RSVP: https://tinyurl.com/y3nmrpf5

The goal is of this interactive workshop is to empower participants to proactively identify and successfully navigate common biases and communication difficulties in order to foster an enriched environment that facilitates open dialogue.

Managing Commitments
March 3rd, 5:00 - 6:30 PM PST
RSVP: https://tinyurl.com/y685hc62

Developing a successful strategy to manage your time and productivity are key to reducing the stress that comes with managing an academic workload, successfully pursuing goals, and balancing your personal needs and interests. During this interactive session, postdocs and graduate students will practice the Getting Things Done model of time management and leave with tools to implement it in other facets of their lives.

JOIN US FOR THIS VIRTUAL EVENING WORKSHOP

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Winter 2021