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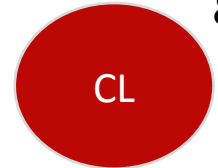
- 1) Is it true?
- 2) Can you absolutely know that it's true?
- 3) How do you react, what happens, when you believe that thought?
 - a) What emotions arise when you believe that thought
 - b) What images of past & future do you see when you believe that thought?
 - c) How do you treat yourself and others when you believe that thought?
- 4) Who would you be without the thought
 - a) Who or what are you without the thought?

Byron Katie, The Work: One Belief

Work Life Integration



Communication
& Language



Obstacles,
Conflict &
Solutions



Career
Trajectories &
Leadership



Mentoring
& Coaching

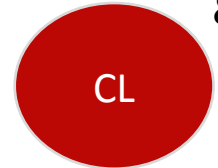


“My sister is planning a big gathering for when our parents have their 40th wedding anniversary but it’s scheduled for the 2nd week of the semester and I can’t cancel classes to travel and attend.”

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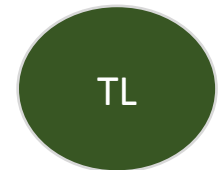
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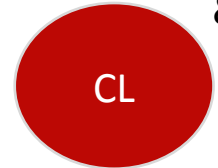
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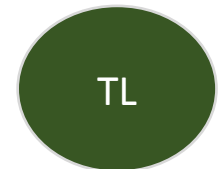
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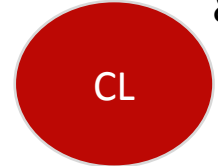
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The Turn-Around

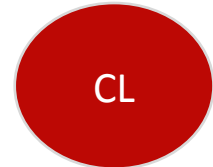
- Celebrating an important event and being together with my family is a priority in my life.
- I can cancel classes to participate in a family event.
- I can design alternative activities to engage my students in robust activities for one week of classes.
- Guest lecturers enrich the diversity of course content.
- Modeling the setting of priorities and identifying creative alternatives for work-life-integration situations for my students is important to me.

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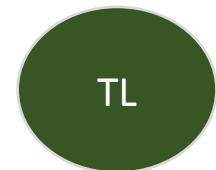
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