

## **Wurtele Center for Work & Life (WCWL): Fall 2016 Workshops**

The Wurtele Center for Work & Life (WCWL) teaches leadership and life skills through programs that emphasize reflection. Visit [www.smith.edu/cwl](http://www.smith.edu/cwl) for listings of all our Fall 2016 programs or contact WCWL program assistant (and Ada alumna!) Janelle Olsen at [jolsen@smith.edu](mailto:jolsen@smith.edu) or (413) 585-4678.

**Program dates for fall are on pages 1 -2, with details on pages 2 - 4**

~~~

1. **Monday, September 12**, Mindful Mondays, noon-1 pm in Campus Center 204 – How’s it going so far this year? What are some secrets to thriving at Smith? with Associate Professor of Psychology, Benita Jackson
2. **Monday, September 19**, Mindful Mondays, noon-1 pm in Campus Center 204 - What do you do when you receive negative feedback? with Associate Professor of English Language & Literature and American Studies, Floyd Cheung
3. **Wednesday, September 21**, Public Speaking with Susan Daniels, 7:00-8:30 pm in Campus Center 103/104 – Speaking Anxiety: Causes and Cures
4. **Monday, September 26**, Mindful Mondays, noon-1 pm in Campus Center 204 – Do we “have time” for things, or do we “make time” for things? How do we prioritize and decide what is important? with Professor of Chemistry, Kate Queeney
5. **Wednesday, September 28**, Public Speaking with Susan Daniels, 7:00-8:30 pm in Campus Center 103/104 – Be Yourself! How to Identify and Use Your Unique Qualities for Authentic Presentation
6. **Thursday, September 29**, Failing Well with Rachel Simmons, 4:00 - 5:15 pm: Campus Center 103/14 Toolkit for the First Year Soul led by Rachel Simmons (coffee/tea & dessert served!)
7. **Wednesday, October 5**, Failing Well with Rachel Simmons, 4:00 – 5:15 pm: Campus Center 103/104 How to Quit Overthinking led by Rachel Simmons (coffee/tea & dessert served!)
8. **Wednesday, October 5**, Public Speaking with Susan Daniels, 7:00-8:30 pm in Campus Center 103/104 – Relax. Focus. Engage. Use Actors: How to Use Professional Acting Skills for Pubic Speaking.

9. **Monday, October 17**, Mindful Mondays, noon-1 pm in Campus Center 204 - To Be Announced
10. **Tuesday, October 18**, Failing Well with Rachel Simmons, noon-1:00 pm: Campus Center 103/104 Imposter Phenomenon led by Rachel Simmons (includes free lunch!)
11. **Wednesday, October 19**, Public Speaking with Susan Daniels, 7:00-8:30 pm in Campus Center 103/104 – Persuasive Speeches: How to Create and Deliver a Compelling and Authentic Speech
12. **Monday, October 24**, Mindful Mondays, noon-1 pm in Campus Center 204 – What happens when things go differently than you hoped? Design thinking your way through disequilibrium - Zaza Kabayadondo, Co-Director of the Design Thinking Initiative
13. **Wednesday, October 26**, Public Speaking with Susan Daniels, 7:00-8:30 pm in Campus Center 103/104 – The Language of Success: Communicating with Confidence and Power
14. **Wednesday, November 2**, Public Speaking with Susan Daniels, 7:00-8:30 pm in Campus Center 103/104 – How to Evaluate Speakers: In this final workshop, students will have the chance to give speeches and receive feedback from peers.
15. **Wednesday, November 30**, Failing Well with Rachel Simmons, 7:00-8:15 pm: Campus Center 103/104 Tis Better to Have Loved and Lost Than – Oh, Just Tell Me How to Get Over This Breakup!

### **DISCUSSION SERIES - Mindful Mondays: *Sit, Eat, Talk to Us!***

Short contemplative exercises and 45-minute conversations about navigating the demands of an academic career at an institution while sustaining a rich inner life.

Enjoy free lunch (with vegan and gluten-free options) and liberating conversation with Smith College faculty – new discussion topics every session.

### **Mondays, Noon-1 pm in Campus Center 204**

1. September 12 – “*How’s it going so far this year? What are some secrets to thriving at Smith?*” with **Associate Professor of Psychology, Benita Jackson**

2. September 19 - *"What do you do when you receive negative feedback?"* with **Associate Professor of English Language & Literature and American Studies, Floyd Cheung**
3. September 26 - *"Do we "have time" for things, or do we "make time" for things? How do we prioritize and decide what is important?"* with **Professor of Chemistry, Kate Queeney**
4. October 17 - To Be Announced
5. October 24 - *"What happens when things go differently than you hoped? Design thinking your way through disequilibrium"* **Zaza Kabayadondo, Co-Director of the Design Thinking Initiative**

### **WORKSHOP SERIES - Public Speaking with Susan Daniels**

Co-sponsored by the Lazarus Center for Career Development (coffee/tea & desserts served). ***Drop in or attend all six to qualify for private coaching with Susan Daniels.***

Wednesdays, 7:00-8:30 pm in Campus Center 103/104

- September 21, 2016 – **Speaking Anxiety: Causes and Cures**
- September 28, 2016 – **Be Yourself! How to Identify and Use Your Unique Qualities for Authentic Presentation**
- October 5, 2016 – **Relax. Focus. Engage. Use Actors: How to Use Professional Acting Skills for Public Speaking.**
- October 19 – **Persuasive Speeches: How to Create and Deliver a Compelling and Authentic Speech**
- October 26 – **The Language of Success: Communicating with Confidence and Power**
- November 2 – **How to Evaluate Speakers: In this final workshop, students will have the chance to give speeches and receive feedback from peers.**

## **WORKSHOP SERIES - “Failing Well” with Rachel Simmons**

Thursday, September 29, 4:00-5:15 pm: Campus Center 103/104

### **Toolkit for the First Year Soul led by Rachel Simmons (coffee/tea & dessert served!)**

Truth: It’s hard to know what college will be like until you actually try it. There might be some things you didn’t expect, know about, or, okay, want anything to do with at Smith. We got you. In this workshop, learn a few tricks to navigate the first waves of college life and ask that question that dogs you right before you go to bed. Plus, Rachel Simmons will make you laugh and remember that you’re not as crazy, or alone, as you might suspect.

Wednesday, October 5, 4:00 – 5:15 pm: Campus Center 103/104

### **How to Quit Overthinking led by Rachel Simmons (coffee/tea & dessert served!)**

Do you replay your missteps in your head at night, thinking about what you could have done differently? Do you perseverate about your problems, focusing more on the “what if” and “why” instead of how to solve them? “Overthinking” can be exhausting. Research shows it disproportionately affects women and girls, and can lead to anxiety, depression, and loss of motivation. At this workshop, learn why we overthink and how to stop, so you can move on, free your mind and focus on more productive activities.

Tuesday, October 18, noon-1:00 pm: Campus Center 103/104

### **Imposter Phenomenon led by Rachel Simmons (includes free lunch!)**

Do you ever feel like a fraud? Like it’s only a matter of time before others figure out you’re not as smart or capable as they thought? Do you think you got where you were by mistake, luck, or because you fooled someone? So do a lot of other people. You may be suffering from Imposter Syndrome. Join us for lunch and discussion about how IS can hold you back – and learn a few strategies to help you manage it.

Wednesday, November 30, 7:00-8:15 pm: Campus Center 103/104

### **Tis Better to Have Loved and Lost Than – Oh, Just Tell Me How to Get Over This Breakup!**

Because a family size bag of Doritos and that breakup playlist will only take you so far. Because let’s face it, your mom might say something really unhelpful. And because dealing with a breakup is a big deal. In this workshop, you’ll learn concrete strategies to help you get through --- and eat your feelings proudly at the make your own ice cream sundae bar.