



SESSION #4

Fostering Engagement and Well-Being

This session is based on the premise that executives and employees are most productive and satisfied when they feel engaged in their work. However, to be engaged, leaders must understand how they and others can better lead themselves--particularly their stress, emotions, work-life balance, and personal and work-related relationships. The focus in this session is on evidence-based strategies for feeling engaged at work and managing everyday aspects of life that can either add to or detract from one's engagement. Specific evidence-based strategies to be learned include identifying symptoms of stress and burnout, regulating emotions for high performance, managing overlap between work and family domains, and creating meaningful relationships at work.



December 2, 2022

Speaker: Steve Courtright

Location: University Capitol Center

