

PROFESSIONAL DEVELOPMENT SUMMER SERIES

Lunch and Learns sponsored by Staff Advisory Council

This summer, bring your lunch and join the CFAES Staff Advisory Council (SAC) for our Summer Professional Development series. Each event is **free** and open to all CFAES employees. The events will be video-linked between Columbus and Wooster campuses. Please register if you plan to attend.

EMOTIONAL INTELLIGENCE FOR EVERYDAY SUCCESS

JUNE 26, 11:30-1:00PM

250A AGRICULTURAL ADMINISTRATION (COLUMBUS) AND 200 FABE (WOOSTER)



Emotional intelligence addresses the emotional, personal, social and survival dimensions of intelligence, which are often more important for daily functioning than the more traditional IQ. Emotional intelligence (EQ) is concerned with understanding oneself and others, relating to people, and adapting to and coping with the immediate surroundings to be more successful in dealing with environmental demands.

Goals for the session include your ability to:

- Understand emotional intelligence and why it is important for success.
- Recognize and understand the four emotional intelligence competencies.
- Develop strategies to improve your emotional intelligence.

Dr. Jeff King is a nationally known and highly respected trainer, facilitator, and consultant. He provides programmatic leadership for the Ohio State University Leadership Center and holds the rank of Associate Professor. [Register here](#)

COPING WITH DIGITAL DISTRACTION

JULY 17, 12:00-1:00PM

250A AGRICULTURAL ADMINISTRATION (COLUMBUS) AND 200 FABE (WOOSTER)



Managing digital distraction may be the most important work-life balance/productivity skill that we aren't talking about. Digital distraction undermines work performance, and even stresses intimate and family relationships. This session will include a discussion of digital distraction and its effects on performance and personal lives, and offer several concrete tips for managing digital distraction.

Dr. Claire Kamp-Dush is an OSU Associate Professor of Human Sciences and Sociology, an active affiliate of the Institute for Population Research, and graduate studies chair of the graduate program in Human Development and Family Science. [Register here](#)

DROWNING OUT NEGATIVITY

AUGUST 7, 12:00-1:00PM

244 KOTTMAN HALL (COLUMBUS) AND FABE 200 (WOOSTER)



With the fast pace of the worlds these days it can be hard to not let it all bog you down, especially in times of stress. Join us for a lunch and learn focused on ways to “drown out the negativity” in life by learning ways to choose optimism and practice it in everyday life.

Jodie Leister is a Psychiatric Counselor with the Wexner Medical Center. Jodie has active involvement with the OSU Suicide Prevention Program and has written articles on topics such as Emotional Intelligence and Depression vs. Burnout. She is a licensed Professional Clinical Counselor and holds a Master's Degree in Education. [Register here](#)

