

The Fresno Chapter Presents

Enhance Your Mental and Work Performance

Lunch & Learn Workshop Series

February 14th, 2024

NOT Lost in Translation: Keys
to Effective Communication
by Sarah Lindsay

February 28th, 2024

What's Your Color? Leaning
into Leadership
by Savannah Fitzgerald

March 13th, 2024

STRESS BUSTERS: Managing
Your Stress Intentionally
by Heather Barrie

March 27th, 2024

Catching Confidence
in the Cubicle
by Larry Heredia, MSW, MA

April 10th, 2024

Creating and Cultivating
Team Culture
by Corina "Cori" Wing

April 24th, 2024

Together is Better—
Maximizing Team Harmony
by Wyatt Gilbert

We invite you to take advantage of these workshops brought to you by the
Fresno State Department of Kinesiology, Sport Psychology Graduate Program
All sessions will be held at the Fresno DI Call Center, ARU 224—Large Conference Room
2555 S Elm Ave., Fresno, CA 93706
Time for all sessions: 12pm—1pm

Workshops are free to members or with a new membership application

\$5 access fee for non-members

An RSVP is REQUIRED to attend!

Please RSVP to Yovanna Zarate (Yovanna.Zarate@edd.ca.gov)

Or Ana Flores (Ana.Flores@edd.ca.gov)

by 2pm on Tuesday 02/13/24

Light lunch provided

