

## 2019 REFLECT & CONNECT

### **Mixing Holidays and Political Conversations: Strategies to Turn Down the Heat**

**Friday, December 20**

247 Olin Health Center  
463 E Circle Dr, East Lansing MI 48824

**Noon - 1:30p**

**FACILITATOR:**

**Jackie Heymann**

*Office for Inclusion and Intercultural Initiatives*



The Reflect and Connect series provides an opportunity for MSU faculty and staff to come together to examine the impacts of contemporary events/tragedies on work and personal lives and provides a space to explore best self-care-/work-effectiveness strategies.

### **Does the potential for political conversations with family and friends at the holidays stress you out?**

Participants will learn how to:

- Suggest conversational guidelines which allow a range of opinions to be respected and shared
- Listen empathetically
- Share views in a non-confrontational manner
- Maximize the potential for “win-win” conversations
- Improve awareness of campus and community resources to assist the development of these skills

### ***HOW TO NAVIGATE POLITICALLY CHARGED HOLIDAY CONVERSATIONS***

Session is open to everyone. No registration needed.

Co-sponsored by MSU Office of the University Physician - Employee Assistance Program, Office for Inclusion and Intercultural Initiatives, Graduate Student Life and Wellness, and the WorkLife Office.

For more information, visit [worklife.msu.edu/reflectandconnect](http://worklife.msu.edu/reflectandconnect)