



Human Resources Training

The University of Wyoming Human Resources Department is offering employees the opportunity to attend upcoming training from the University's Employee Assistance Program provider, Mines and Associates on the following topics:

Enhancing Emotional Resilience

14 June, 9:00 a.m. – 11:00 a.m. Classroom Building, Room 310

High stress, trauma and burnout are all hazards of challenging workloads. As much as we'd like to, we can't eliminate the many external stressors we experience in most of our jobs. Rather than to focus on traditional stress management, this workshop will focus on strengthening emotional resilience. Emotional resilience is defined as our ability to bounce back from challenges and stress. In this interactive workshop, we will present eight dimensions of emotional resilience and share practical applications for combating stress and burnout through strengthening resilience. [Register here](#)

Coping with Organization Restructure and Change

14 June, 2:00 p.m. – 4:00 p.m. Classroom Building, Room 310

Organizational Restructuring and downscaling affects people psychologically and emotionally. Large-scale cutbacks can result in a decimated organization, where long-term working relationships are severed and people are expected to take on new roles. Many people have difficulty redefining their new roles and moving forward. This training will offer insights and suggestions that come directly from the experiences of numerous workforce reductions and organizational upheavals. It will help to provide participants with support and direction amidst the turmoil that often results from change. [Register here](#)

Trainings will be broadcast via WyoCast, both live and recorded for later viewing. Link to WyoCast sessions will be sent out campus wide the day before.

Resources

Contact Information

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