



Employee Learning Opportunities

The University of Wyoming Human Resources Department is offering employees the opportunity to attend upcoming workshops presented by the University's Employee Assistance Program provider, Mines and Associates. To enroll in these or any other learning opportunities please visit the [Employee LearnCenter](#) Human Resources catalog.

Appreciative Inquiry

This highly interactive workshop, will serve as an introduction to the Appreciative Inquiry methodology of organizational change. Participants will learn about this inverse of problem solving methodologies and utilize real life organizational change issues to learn the Appreciative Inquiry process. This unique approach gives a fresh light to solving problems as well as help participants see the strengths of their organization as well as themselves. This gives a beginner start to seeing new possibilities in organizational transformation.

Enhancing Emotional Resilience

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.

Respectful Workplace

Did you know that workplace bullying is a silent epidemic affecting an estimated one in five workers in the U.S. work force? Employees have a right to work in a respectful work environment. However, often times, employees find themselves in a "hostile" work environment that compromises their comfort levels and productivity. In this workshop, we will identify different types of harassment and explore the psychological reasons why there is so much variance in what defines "hostile" conditions. Participants will also learn to recognize some common elements of harassment and choose strategies that contribute to a positive working environment and minimize complaints. The training is best presented in conjunction with your organization's policy regarding sexual harassment.

Resources

Contact Information

Jesse Begin
Human Resources Learning and Development
Department 3422
1000 E. University Ave.
Laramie, WY 82071-2000
Wyoming Hall
Phone: (307) 766-5484
Fax: (307) 766-5636
E-mail: jbegin@uwyo.edu