



Stony Brook  
University

# THE OMBUDS OFFICE

*We're here to listen with an open mind.  
We're here to help resolve problems fairly.*

stonybrook.edu/ombuds • (631) 632-9200

*Confidential    Impartial    Informal    Independent*

## FALL 2021 – 4 ONLINE WORKSHOPS

[REGISTER HERE](#)

### **CREATING A COMPASSIONATE ENVIRONMENT DURING UNCERTAIN TIMES – It takes all of us! (NEW)**

When you reflect on the past 18 months, it's been difficult and exhausting for many of us. Faced with the pandemic, climate change (hurricanes, floods), racial tensions, politics, opposing viewpoints about the virus and vaccine, work overload, and changes to how we live, work and study – it takes enormous *patience and understanding* to be kind to each other.

This workshop focuses on strategies to manage the stress and anxiety that change creates in our daily lives. It requires an open and curious mind to learn, unlearn and relearn. We will also discuss what we need from our leaders to create a safe and inclusive culture that supports our mental health and fosters success. Although there are many things outside of our control, we do have a choice each day on how we interact and how we treat each other.

*October 29, Friday – 12:00 pm to 2:00 pm*

*November 10, Wednesday – 1:00 pm to 3:00 pm*

### **COACHING SKILLS FOR SUPERVISORS (NEW)**

Experts say that one of the keys to employee success is effective coaching. As a coach, it is important to consistently reevaluate your supervisory strategies to ensure performance improvement and promote productivity. This workshop will highlight effective coaching strategies, describe coaching skills, and define terms we often use interchangeably such as *coaching, counseling and mentoring*. They all help guide a team to improve performance. You will also learn about the GROW Model for coaching. Additionally, there will be breakout sessions and an anonymous poll.

*October 27, Wednesday – 1:00 pm to 3:00 pm*

*November 3, Wednesday – 11:00 am to 1:00 pm*





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## **TELL ME ABOUT “OMBUDS” – WHAT THE OFFICE DOES & HOW IT CAN BENEFIT ME? (NEW)**

This workshop describes the variety of **services** and **resources** provided by the ombuds for students, staff and faculty. It explains how the office differs from other offices. If you would like to improve your interpersonal skills, resolve conflict better or have a challenging situation and do not know where else to go, the ombuds can point you in the right direction.

*October 28, Thursday – 3:30 pm to 4: 30 pm  
November 9, Tuesday – 12:00 pm to 1:00 pm*

## **MORE TIPS ON RESPECTFUL & EFFECTIVE COMMUNICATION**

In this workshop you will learn about the 7 C's of Communication, the 6 Levels of Listening, the ABC's of Communication and the 6 Transformative Benefits or Respect in the Workplace. By putting this all together, you will be able to improve your relationships and feel better understood.

*October 26, Tuesday – 12:30 pm to 2:00 pm  
November 1, Monday – 4:00 pm to 5:30 pm*

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