



Stony Brook  
University

# THE OMBUDS OFFICE

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

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## FALL 2025 **IN PERSON** WORKSHOPS

### Can We Talk? Tips for Navigating Crucial Conversations - 1 hour - (NEW)

Crucial conversations occur when: 1) *the stakes are high*, 2) *there are opposing viewpoints* and 3) *emotions tend to escalate*. Learn the skills that can increase your capacity to influence decisions, improve your relationships and provide an opportunity for you to feel heard. *The skills can also be applied to any conversation*. In this workshop you will discover *Your Style Under Stress Test* created by the authors of *Crucial Conversations*. Your score is a measure of your behavior and how you communicate when it matters.

October 24 - HSC (Health Sciences Center) Level 2, Rm. 101 - 12:00 pm - 1:00 pm

October 27 - Frey Hall, Rm. 112 (West Campus) - 12:30 pm - 1:30 pm

### Emotional Intelligence - The Power of Self Awareness in Understanding Yourself and Others - 1.5 hours

Emotional Intelligence isn't just a buzzword. It's about understanding and managing our emotions which in turn enhances our ability to connect with others. We will define Emotional Intelligence, and give you opportunities to test your EQ. The path to successful relationships is gaining insight into your thoughts, feelings and behavior. This sets the foundation for social awareness.

October 3 - HSC (Health Sciences Center) Level 2, Rm. 101 - 12:00 pm - 1:30 pm

November 17 - Frey Hall, Rm. 112 (West Campus) - 12:00 pm - 1:30 pm

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## **Personal Accountability for Professional Success - 1 hour (NEW)**

During this workshop, you will learn strategies for taking personal responsibility in problem-solving, owning up to mistakes, actively addressing issues, and maintaining high standards for professional conduct.

*October 10 - HSC (Health Sciences Center) Level 2, Rm. 101 - 12:00 pm - 1:00 pm*

*November 3 - Frey Hall, Rm. 112 (West Campus) - 12:30 pm - 1:30 pm*

## **Workplace Dynamics - Building Positive Relationships - 1 hour**

In today's dynamic and interconnected workplace, success is *not* only measured by individual skills, but by how well we navigate relationships, understand workplace dynamics and connect with each other. Every workplace has its own culture, management style, and people with different backgrounds and personalities. Let's learn how we can be at our best and build positive relationships. Topics include: 1) Workplace dynamics, 2) Power dynamics, 3) Why do relationships break down? and 4) Creating successful relationships.

*October 17 - HSC (Health Sciences Center) Level 2, Rm. 101 - 12:00 pm - 1:00 pm*

*October 20 - Frey Hall, Rm. 112 (West Campus) - 12:30 pm - 1:30 pm*

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