***EQ + IQ = Career Success***

ASPIRE Module
Wednesdays, 11:00am-12:30pm

January 16-February 20, 2019
Light Hall 419 A&B

**Session: The Savvy Scientist** *January 16, 2019*

Speaker: Kate Stuart

Topics: Effective Communication, Emotional Intelligence

**Session: Understanding Personal Growth** *January 23, 2019*Speaker: Ciera Scott, PhD

Topics: Negative Thinking Patterns, Imposter Syndrome, Growth Mindset

**Session: Conflict Resolution and Difficult Conversations** *January 30, 2019*

Speaker: Stacey Satchell, Graduate School Life Coach

Topics: Understanding ways to successfully navigating conflict

Exercise: Working in teams to seek solutions and present to the class via role-playing

**Session: Cultural Differences in Work Relationships** *February 6, 2019*

Speaker: Jillian Hautman, International Student and Scholar Services
Topics: Differences in cultural norms, cultural expectations and customs, approaching relationship differences

**Session: Strengths Finder 2.0** *February 13, 2019*

Speaker: Kate Stuart

Topics: Learn about the importance of focusing on developing their strengths while being aware of weaknesses

**Session: Heading to Work: the Future and Beyond** *February 20, 2019*

Speaker: Kate Stuart

Topics: Professional Relationship-Building, Networking, building work relationships, module wrap-up