



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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Confidential Impartial Informal Independent

JANUARY 2022 ONLINE WORKSHOPS

HAVING RESPECTFUL & EFFECTIVE CONVERSATIONS

Differences often arise from a lack of communication. We tend to focus more on our own point of view, particularly during difficult conversations. We forget to try to fully understand the other person's perspective. This workshop is designed to: help us understand why we may avoid difficult conversations, define what a difficult conversation is and prepare for a conversation that is based on mutual respect and trust. We will review the importance of active listening skills as a foundation to effective conversations.

*January 14, 2022, Friday, 12:00 pm to 1:30 pm
January 20, 2022, Thursday, 12:00 pm to 1:30 pm*

COACHING SKILLS FOR SUPERVISORS

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 which is different from the GROW model at the Career Center. Additionally, there will be breakout sessions and an anonymous poll.

*January 12, Wednesday, 9:00 am to 11:00 am
January 18, Tuesday, 3:30 pm to 5:30 pm*

