



W I S D M

Women in Science, Dentistry & Medicine

Professional Development Seminar

*Women and Men Faculty, Housestaff, Postdocs, Medical Students, Graduate Students,
and Interested Persons are Invited*

Managing Emotions: How to Stay Cool, Calm, and Unflappable

This session will:

- Describe approaches and skills needed to achieve effective communication across differences;
- How to manage strong emotions (yours and theirs),
- How to prepare, be constructive and focused regardless of how another person responds.



Aradhana Bela Sood, M.D., M.S.H.A.

Professor of Psychiatry and Pediatrics
Chair, Division of Child and Adolescent Psychiatry
Medical Director, Virginia Treatment Center, School of Medicine

Monday, October 15, 2007

12 - 1:15 pm

Medical Sciences Bldg., 104/105

Lite lunch provided with reservation

Please RSVP by Thursday, October 11, to 8-6591 or dstewart@vcu.edu



sponsored in collaboration with the Office of Faculty and Instructional Development, VCU School of Medicine on the MCV Campus. For questions, please contact Debbie at 8-6591.