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.

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Professor of Psychiatry and Pediatrics
Chair, Division of Child and Adolescent Psychiatry
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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.