Online Bitesize Nugget Conversations

The Women’s Faculty Cabinet (WFC) of the University of Minnesota is proud to bring you a new seminar and workshop series: Let’s Talk! Our main message is acknowledging that the goal is progress not perfection.

Thursday, February 11
12:00 – 1:00pm
Emotions at Work
Speaker: Dr. Rita Webster
Zoom Registration

Emotional Intelligence is a skill we all need, especially during these intense times we live in. Join Dr. Rita Webster in this session to learn about The Mood Meter tool to identify and regulate the emotions we feel. This is based on the work of Dr. Marc Brackett, Director of the Yale Center for Emotional Intelligence. You will get a chance to connect with your colleagues and walk away with insights that benefit both your professional and personal life.

This isn’t a prescription, rather an opportunity to provide you with some possible tools/techniques to try on to see what might work for you in improving equality, inclusion, engagement, and satisfaction, during the COVID-19 pandemic and always. It is also a chance to connect, discuss, and share with other women at the UMN. Most of all, we want you to know you are not alone.

Sessions will include:

- An overview of topic (15-30 minutes)
- Examples, stories, or case studies
- Action items or reflection exercises/questions
- An article to reference and ponder
- A chance to talk with other on the day’s topic (15-30 minutes)

Let’s Talk workshops are free of charge to University of Minnesota faculty.