

STUDENT EMPLOYEE DEVELOPMENT SERIES

Professional development opportunities designed for student employees to learn necessary workplace skills, become effective team members, and collaborate with other student employees. Interactive presentation details and registration information is available online at www.utrgv.edu/training.

All sessions are Interactive and presented via online delivery/zoom

SECRETS TO SUCCESS - DEVELOPING ESSENTIAL WORKPLACE SKILLS

FEB 12
9:30 - 10:30 AM
or
FEB 19
9:30 - 10:30 AM



Elevate Your Career Game! This session isn't just a gateway; it's your golden ticket to crush it in the workplace.

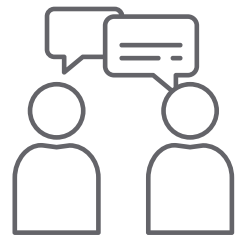
- Sharpen your critical thinking and active listening skills
- Initiate self-engagement and motivation
- Identify the characteristics of an effective team member
- Acknowledge the power of perceptions

POSITIVE APPROACHES TO WORKPLACE COMMUNICATION

MAR 4
9:30 - 10:30 AM
or
MAR 8
3:00 - 4:00 PM

We're diving into the world of communication by discovering your unique communication tendencies for better interactions and a productive work environment.

- Understand effective communication
- Explore different communication styles
- Learn conflict resolution skills, to avoid misunderstandings
- Identify your unique communication tendencies



GOAL SETTING FOR SUCCESS

MAR 18
9:30 - 10:30 AM
or
MAR 22
3:00 - 4:00 PM



Master the skill of creating irresistible S.M.A.R.T. goals, while also learning stress-conquering techniques to thrive personally and professionally.

- Learn the benefit of setting meaningful goals
- Explore the 5 Golden Rules of Goal Setting for success
- Practice: S.M.A.R.T Goals
- How to overcome obstacles to your goals.

STRENGTHENING INTELLECTUAL WELLNESS

APRIL 1
9:30 - 10:30 AM
or
APRIL 5
3:00 - 4:00 PM

Embark on an exciting journey of personal growth and ignite your creative spark to tap into your intellectual superpowers.

- Importance of Intellectual Wellness
- Embracing Opportunities to Strengthen Intellectual Wellness
- Exploring Personal Preferences
- Forming Positive Health Habits for Intellectual Wellness



LEADING WITH RESILIENCE, STRENGTH, AND EMOTIONAL INTELLIGENCE

APRIL 15
9:30 - 10:30 AM
or
APRIL 19
3:00 - 4:00 PM



Discover your true priorities and resilience tools for thriving in the face of stress and navigate relationships with emotional intelligence.

- Explore and Identify your values
- Develop and Maintain Your Resilience
- Strengthening a Positive Mindset and Manage Stress
- Foster Essential Emotional Intelligence Skills

Completion Certificate awarded upon attendance of all topics

* For accommodations contact HR Organizational Development & Training at EmployeeTraining@utrgv.edu.

The University of Texas
Rio Grande Valley
Office of
Human Resources

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