



CSU WRITES
COLORADO STATE UNIVERSITY

Wellbeing across the Research Career

APRIL 26, 12-1:30pm

LSC 322

This is a lunch and learn workshop.
Registrations are limited.

The pressures of academic life are real. Yet, where have we learned how to live with these pressures? How can we best navigate the emotional waters of high-paced academic life?

In this workshop we will examine some of the communal beliefs that we hold, beliefs that tend to elevate our stress levels. We will address the effects of internal dialogue, and cover techniques to help manage emotions so that we might live and work well across our research careers.

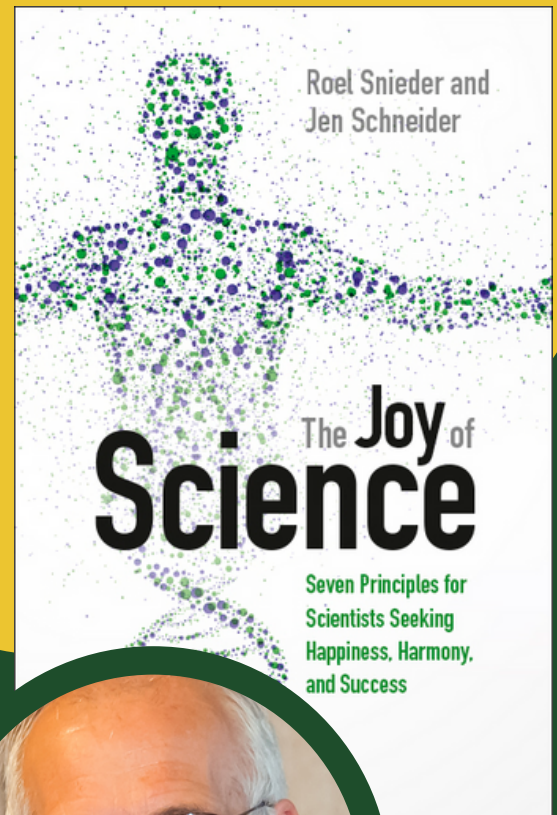
Boxed lunch provided.

Place your order at registration. Please be mindful of campus resources, and register only if you can attend this lunch and learn.

[**REGISTER HERE**](#)

Register through the
CSU Writes website

<https://csuwrites.colostate.edu/guest-speakers/>



Dr. Roel Snieder

Award-winning Geophysicist
and W.M. Keck Distinguished
Chair of Professional
Development Education at the
Colorado School of Mines.



Colorado State University