Learn-At-Lunch

April 9, 2014

Academic & Staff Assistance Program

Date, Time & Venue

Wednesday
April 9, 2014
12:00-1:00 pm
Flying A Studios Room
UCen

Practical Psychology:
Two Management Tools That Can Help You Lead With Your Head & Heart

The first tool is a management model called Authentic Leadership. It is grounded in knowing your authentic self. So just what is your authentic self? Oscar Wilde gave us a hint when he quipped, “Be yourself, everyone else in already taken.” Positive psychology tells us that we are authentic when we practice the following four characteristics:

Hope
Efficacy
Resilience
Optimism

Come and learn how the four qualities of the HERO construct form the core of Authentic Leadership. See how these practices allow authentic leaders to be genuine; aware of their emotions, strengths and limitations. Our presenters will demonstrate how authentic leaders use direct communication combined with empathy to be mission driven and focused on successful employees achieving successful results.

The second practical tool is called BART or Boundaries, Authority, Role and Task. Learn how you can use the BART model to understand, analyze and improve personal and work group performance.

Presenters

Heidi Zetzer, PhD
Director, Hosford Counseling & Psychological Services Clinic, Department of Counseling, Clinical, & School Psychology, UCSB
Website

Kelley Hershman, MA, MHC
Clinician, Hosford Counseling & Psychological Services Clinic, Department of Counseling, Clinical, & School Psychology, UCSB

Lectures are open to all UCSB employees at no charge. You are welcome to bring your lunch. For more information call John Berberet, M.A., MFT/ASAP at x3318.

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