

# Wellness & Equity Education in Action

Lunch & Learn Series | Summer 2025

## CONFLICT

May 28 | 12 - 1 p.m.

Dive into this workshop designed to help participants understand how their personal identity shapes their approaches to conflict. In foregrounding this relationship, participants can then learn about various strategies in navigating the drivers of conflict, need and value, to address conflict using a critical empathy framework in both personal and workplace contexts.

## FRIENDSHIPS

June 26 | 12 - 1 p.m.

Everyday interactions impact workplace culture and contribute to a supportive, inclusive campus for staff, faculty, and students. In this workshop, participants will gain insight into how healthy friendships impact students' emotional and academic success and learn practical tools to foster environments that encourage healthy friendships, reduce loneliness, and prevent relationship violence. Participants are encouraged to consider how their roles intersect with students' social lives and how they help cultivate a campus culture where meaningful, supportive friendships thrive.

## VALUES

July 31 | 12 - 1 p.m.

This workshop will offer participants an opportunity to reflect on their personal and professional values and to consider how these impact their experiences at work. When personal and professional values are better understood, participants can develop practical skills to navigate professional tension moments while balancing values and well-being. Participants will leave feeling better equipped to respond confidently when personal values are challenged in the workplace.

## BOUNDARIES

August 14 | 12 - 1 p.m.

Boundaries are key to healthy relationships, but they can be tricky. Knowing what your boundaries are, feeling that they are valid, feeling clear in how to communicate them, and being ready to respond if they aren't abided by- these skills be will the focus on this session. Participants will leave with a broader self-awareness of different categories of workplace boundaries that are important to them, and the skills needed to use those in fostering safer, healthier relationships in and out of the workplace.

**All sessions are hosted in the Weldon Library Community Room.**

Light snacks & refreshments provided!

