

## ENGAGING OUR PRINCIPLES OF COMMUNITY

### Self-Care for Staff in Student Support Roles

#### Session Goals

- Recognize the depth and breadth of our need for greater self-care and healing as change agents
- Understand the critical need to focus on self-care in order to be of service as leaders in our organizations and in society
- Explore proven approaches and tools for self-care
- Commit to a personal action plan for renewal and rejuvenation

#### From Kathy Obear's Website:

Feeling exhausted, burned out? Still deeply committed to creating greater equity, inclusion, and social justice, yet finding yourself at times too weary or overwhelmed to make meaningful change? We all deserve spaces to heal, refuel, and recommit to our vision and goals. In this highly engaging, supportive session, participants will explore the roots of their stress and burnout and explore practical ways to rejuvenate, reenergize, and retool themselves as powerful change agents as they recommit to create truly inclusive organizations and environments for all.

#### DATE:

November 4, 2016

#### TIME:

1:00–4:00 p.m.

#### LOCATION:

Huerta/Vera Cruz Room,  
Student Center Expansion  
(Old Student Center)

#### RSVP:

[https://ucsandiegoedi.qualtrics.com/SE/?SID=SV\\_6JQVWBTdQ0gw53D](https://ucsandiegoedi.qualtrics.com/SE/?SID=SV_6JQVWBTdQ0gw53D)

#### WHO:

Staff who provide student support

## FACILITATORS



### KATHY OBEAR, EdD

Kathy has worked for more than 30 years as an organizational change consultant. As president of Alliance for Change, she specializes in diversity and change management and has worked with thousands of people at an array of colleges and universities through workshops and coaching sessions. Her book, *Turn the Tide: Rise Above Toxic, Difficult Situations in the Workplace*, provides proven tools and techniques to effectively navigate emotional reactions and to respond in ways that get positive results. Kathy received her EdD from the University of Massachusetts, Amherst.



### TANYA WILLIAMS, EdD

Tanya has more than 20 years of diversity, inclusion, and social justice teaching, programming, and facilitation experience in higher education, including in professional roles, most recently as deputy vice president for institutional diversity and community engagement at Union Theological Seminary in New York. She holds a doctorate in social justice education from the University of Massachusetts, Amherst, where her dissertation focused on internalized oppression and liberation.