

# Professional & Organizational Development Proudly presents

## E.A.S.E. Lunch & Learn Series

Employee Assistance Service for Education (EASE) Program at the Los Angeles County Office of Education (LACOE) provides solutions to common workplace challenges and personal challenges that can have an impact on their work. Bring your lunch and join us for an EASE Lunch and Learn Workshop.

Tuesday, June 3, 2014 (12:00-1:00 pm)	<p style="text-align: center;"><b>Anxiety Management Guided by Meditation</b></p> <p>Participants will learn that anxiety comes from external demands and situational stress as well as internal demands (e.g., perfectionist expectations, negative self-evaluations). The objective is to assist participants in identifying whether the anxiety is signaling a time to take certain problem solving measures or whether the anxiety is just distracting, unproductive noise because the past is done. Participants will learn and practice relaxation techniques such as deep breathing and guided imagery.</p>
Tuesday, June 10, 2014 (12:00-1:00 pm)	<p style="text-align: center;"><b>Aging &amp; Work</b></p> <p>According to the Pew Research Center, 1 out of every 8 Americans age 40 to 60 is raising a child and caring for a parent at home. And those numbers are only expected to rise as our population ages. Participants will review how the role of caregiver impacts the workplace. The physical, emotional and financial impact on the caregiver will be discussed. A number of resources and strategies for getting support will be presented and strategies for coping with the demands.</p>
Tuesday, June 17, 2014 (12:00-1:00 pm)	<p style="text-align: center;"><b>Preventing Job Burnout</b></p> <p>The presentation explores the common causes of employee burnout and the factors that lead to becoming overwhelmed by the job demands. Strategies will focus on the skills and behavioral changes needed in order to bounce back from burnout. An emphasis on developing self-care and attention to the early warning signs of burnout are presented, along with strategies for recovery.</p>
Thursday, June 26, 2014 (12:00-1:00 pm)	<p style="text-align: center;"><b>Anger Management</b></p> <p>The workshop will review anger as a completely normal, usually healthy, human emotion. When it gets out of control and turns destructive, it can lead to problems—problems at work, in your personal relationships, and in the overall quality of your life. A discussion about the 3 main contributors to poor anger management will be defined. Strategies for managing anger will be presented and practiced.</p>
Tuesday, July 1, 2014 (12:00-1:00 pm)	<p style="text-align: center;"><b>Wellness Inventory</b></p> <p>This presentation will present that a lack of disease is not the only definition of wellness. This is an assessment of the overall dimensions that contribute to wellness. Strategies for developing a personal wellness program will be the focus of this workshop.</p>

**Presenter:** Dr. Martha R. Reza is the Director of the Employee Assistance Service for Education (EASE) Program at the Los Angeles County Office of Education (LACOE) with the responsibility of leading the Joint Powers Agreement (JPA) between LACOE and 44 districts and community colleges. Dr. Reza specializes in employee wellness. She heads the Counseling Unit, Wellness Division and Mobil Crisis Team. She serves as an Advisory Board Member for the Coordinated School Health Program and Emergency Response Team. She is a board certified clinical psychologist. She holds a master's degree from Harvard University and a doctorate from the University of Southern California (USC).

**Location:** All workshops will be held in 4-2460

To register for an activity, visit the POD Activity Calendar at <http://www.mtsac.edu/pod/> and click on the 'Workshop Calendar' link, or call Professional & Organizational Development at x4504.