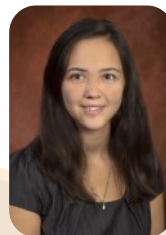


The Balanced Postdoc

Towards a Fulfilling Career and Life

Schedule:



Dr. Samantha Nix



Kyle Caswell

- 1:00 pm Welcome**
*FSU Postdoctoral Association &
Renisha Gibbs, Associate Vice President for Human Resources*
- 1:15 pm “Stressed Out!” Stress Management Training**
Kyle Caswell, MS, LMHC, MCAP, FSU Employee Assistance Program
- 2:30 pm Coffee break**
- 2:50 pm “Achieving Balance” Time Management Workshop**
Dr. Samantha Nix, FSU Academic Center for Excellence
- 4:00 pm “Finding a Work/Life Balance”**
Q&A Discussion with a Panel of Faculty and Professionals
- 5:00 pm Networking**
Social Hour and Reception



Friday, May 10, 2019 | 1:00PM
Nancy H. Marcus Great Hall
Honors, Scholars, and Fellows House



To Register: https://fsu.qualtrics.com/jfe/form/SV_9Zj7yoVnvPUmYpn