

# CSU'S GOT TALENT



## LEARNING & DEVELOPMENT

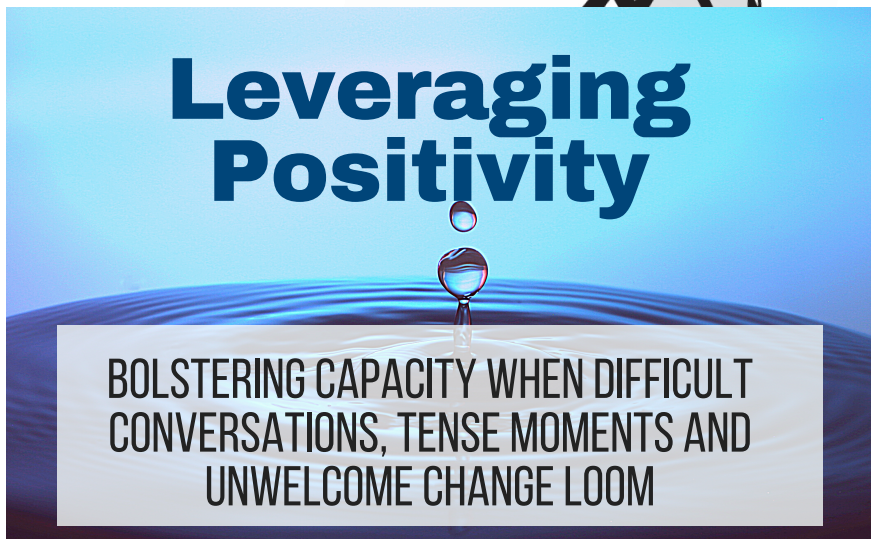
presents a series of LIVE online webcasts featuring innovative & essential training for your professional and personal success!

### May 28, 2020

10:00am - 11:00am PT

All CSU Staff & Faculty are invited to attend this **free** webcast via this link:

<https://calstate.adobeconnect.com/CGT>



There are moments in ordinary days we dread: moments of difficulty, confrontation and unwelcome change. In this moment of Covid-19, with its extraordinary pressures and upheavals, this remains true. We still must acknowledge when our colleagues or family are behaving badly, or when we have let others down, and work toward change. And we continue to be presented with the opportunity that has always been available to humanity throughout time: the chance to become our better selves. Our conversation, based on the science of positivity psychology and resilience, allows us to navigate these moments with increasing clarity and capacity and a bit more ease. You'll learn the perspectives and tools that enable us to build resilience, no matter how challenging the moment.

## About Dr. Maria Sirois

Dr. Maria Sirois is an inspirational speaker, consultant, and licensed psychologist who has worked in the fields of wellness and positive psychology for twenty years. As a positive psychologist (Psy.D.) she focuses on the resilience of the human spirit particularly when under chronic stress, during significant transitions, and/or feeling the shock of wholesale change. Known for her wisdom, authenticity and rampant humor, Maria brings a depth of experience in personal and leadership development for corporate and non-profit professionals, as well as community members, parents, and those who serve in the health and wellness arenas. Her work in the medical, legal, human service, financial, technology and educational sectors focuses on building capacity and engagement around chronic stressors such as conflicting goals, difficult conversations, unrealistic expectations and moments of failure — using such moments to leverage sustained positive shifts in perspective and ability.

This webcast will be recorded and available later for viewing

