

Coping on the Fly: A Series

As a continuation of the great discussion from the “Coping on the Fly” webinar in early summer, Mary McNaughton-Cassill, Professor of Psychology and Donna Edmondson, the University Ombuds are providing four 30-minute interactive webinars. The topics will address workplace issues facing faculty and staff such as communication and change, social support, burnout and compassion fatigue, and holiday stress.

#1: *Change, Coping, and Communication: The 3 Cs*

Date: November 5, 2020

#2: *The Keys to Social Support Even in the Workplace*

Date: November 19, 2020

#3: *Compassion Fatigue and Burnout: The Reality of the Pandemic and the Workplace*

Date: December 3, 2020

#4: *Oh the Stress of the Holidays during a Pandemic!*

Date: December 17, 2020

Each webinar will have a 15-minute presentation, with a 15-minute discussion, Q&A, or training. Participants may join the discussion by visiting <https://www.utsa.edu/ombuds/> or <https://www.utsa.edu/inclusiveexcellence/>, Spotlights.

Always on Thursdays from 11:30 - Noon