



Office of Engagement & Extension 2024 Wellness Workshops

Gift yourself a moment to focus on the most important thing, your own well-being. Join OEE's Behavioral Health Specialists for the 2024 Wellness Workshops. Register here, <https://zoom.us/meeting/register/tJ0tcuCsqTgsGNckofd4yiinj-LRdGnvDJzz>

Feelings 101: Improving Your Emotional Language

MAY 16

11:00 AM - 12:30 PM

KIRSTEN WULFSBERG, LPC

Have you ever tried to explain how you were feeling, but you just couldn't put your finger on the right words? This can leave you feeling more frustrated, misunderstood, and even more alone. Emotional awareness is the base to effective self-care and communication. In this interactive workshop, we'll explore Dr Gloria Willcox's Feelings Wheel, personalize it by applying it to your own situations, and walk away with more confidence in self-awareness and self-expression, improving your ability to communicate with loved ones.

Positive Psychology, Part I

JUNE 20

11:00 AM - 12:30 PM

JIM KUEMMERLE, LCSW

Positive Psychology, Part II

JULY 18

11:00 AM - 12:30 PM

JIM KUEMMERLE, LCSW

Understanding Grief

AUG 15

11:00 AM - 12:30 PM

JULIE ELLIOTT, LPC

Building Better Boundaries

SEPT 19

11:00 AM - 12:30 PM

KIRSTEN WULFSBERG, LPC

Insights into Trauma

OCT 17

11:00 AM - 12:30 PM

JULIE ELLIOTT, LPC

Regional Behavioral Health Specialists



Kirsten, Mountain



Julie, Western



Jim, Eastern