January 28, 2019

TO: New UVM Faculty

FROM: Jim O. Vigoreaux, PhD
Associate Provost for Faculty Affairs

RE: New to the Faculty Brown Bag Series Event

Our next brown bag series event, *How to Live a Rich, Well-balanced Life as a New UVM Faculty*, is scheduled for Wednesday, February 6, from Noon-1:00 PM the Jost Foundation Room on the fourth floor of the Davis Center. Being a new faculty member is incredibly demanding. There are some tips and tricks that can help. This workshop aims to carve out the time to:

- Engage in a rapport building exercise with other new faculty members
- Reflect on your personal stressors and how your body communicates to you when you are stressed
- Participate in a body scan to allow you to feel where you carry stress in your body
- Experience a deeper level of relaxation while participating in a guided imagery exercise
- Surprise you with interesting information about your Employee Assistance Program and provide examples as to how faculty members use EAP to improve their lives
- Walk away with at least one thought, behavior, or feeling that leaves you feeling good

This event will be led by Taryn Austin, Director of Clinical Operations, Invest EAP - Centers for Wellbeing.

Please RSVP to Jennifer.Diaz@uvm.edu, by **Thursday, January 31** whether or not you plan to attend.

I look forward to seeing you at the Brown Bag series.