



Summer Programs

PERSONAL/PROFESSIONAL DEVELOPMENT WORKSHOPS

The Center for Adult and Continuing Education at Misericordia University is pleased to offer workshops on topics that easily apply to both your personal and professional development and growth. We can also customize workshops for individuals and groups based on your specific needs, and at a time that fits your schedule.

AN INTRODUCTION TO MINDFULNESS: PERSONAL & PROFESSIONAL IMPLICATIONS

This innovative workshop provides an introduction to mindfulness with attention on the usefulness and benefits of this approach to life and work. It includes some simple practices that one can institute in one's personal and work life to enhance the depth and quality of our lives, bring greater awareness to the potential and choices in our lives, and encourage a deeper appreciation of one's everyday lived experience.

Day/Date: Thursday, June 6, 2019

Times: 10 – 11:30 am

Location: Sandy and Marlene Insalaco Hall,
Room INS 029 (Lower Level)

Presenter: Dr. Cindy March, RSM

Cost: \$25. Discounts do not apply.

Advance registration required.

Register online at www.misericordia.edu/caceworkshops

Call 570-674-1225 or email cace@misericordia.edu

Seating is limited.

TIME MANAGEMENT: THERE'S AN APP FOR THAT!

How well do you manage your time? If you're like most people, the answer is probably, "not very well." This workshop will review and offer practical tips and applications you can download on your smart phone and tablet to help organize your personal and professional life.

Day/Date: Wednesday, July 17, 2019

Times: 10 – 11:30 am

Location: Sandy and Marlene Insalaco Hall,
Room INS 029 (Lower Level)

Presenter: Megan Hurley

Cost: \$25. Discounts do not apply.

Advance registration required.

Register online at www.misericordia.edu/caceworkshops

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