



ACID: Achieving Career Insight & Development

2017-2018 Seminar Series

Organized by Desiree Bates, Arrietta Clauss and Heike Hofstetter

Living with Vitality and Resilience

Presented by

Robert McGrath



We all live with a range of minor and major stressors in our lives. Even life events that we look forward to, such as graduating, starting a professional career, and moving to a new area, are stressful. This presentation will highlight a number of methods for handling challenging times with vitality and resilience. Join us for this talk by Robert McGrath, a licensed psychologist providing Mind/Body Wellness Services at University Health Services. Robert has expertise in health psychology, positive psychology, authentic happiness, mind/body wellness and stress management.

August 9, 2017 at 9:30 am in room 9341

Light breakfast will be provided starting at 9:15am