



**W I S D M**

*Women in Science, Dentistry & Medicine*

**Professional Development Seminar**

*Women and Men Faculty, Housestaff, Postdocs, Medical Students, Graduate Students,  
and Interested Persons are Invited*

## ***Managing Emotions: How to Stay Cool, Calm, and Unflappable***

This session will:

- Describe approaches and skills needed to achieve effective communication across differences;
- How to manage strong emotions (yours and theirs),
- How to prepare, be constructive and focused regardless of how another person responds.



**Aradhana Bela Sood, M.D., M.S.H.A.**

Professor of Psychiatry and Pediatrics  
Chair, Division of Child and Adolescent Psychiatry  
Medical Director, Virginia Treatment Center, School of Medicine

**Monday, October 15, 2007**

**12 - 1:15 pm**

**Medical Sciences Bldg., 104/105**

**Lite lunch provided with reservation**

**Please RSVP by Thursday, October 11, to 8-6591 or [dstewart@vcu.edu](mailto:dstewart@vcu.edu)**



sponsored in collaboration with the Office of Faculty and Instructional Development, VCU School of Medicine on the MCV Campus. For questions, please contact Debbie at 8-6591.