

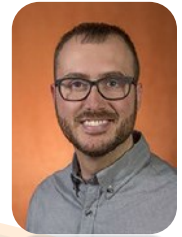
# The Balanced Postdoc

*Towards a Fulfilling Career and Life*

## Schedule:



Dr. Samantha Nix



Kyle Caswell

- 1:00 pm Welcome**  
*FSU Postdoctoral Association &  
Renisha Gibbs, Associate Vice President for Human Resources*
- 1:15 pm “Stressed Out!” Stress Management Training**  
*Kyle Caswell, MS, LMHC, MCAP, FSU Employee Assistance Program*
- 2:30 pm Coffee break**
- 2:50 pm “Achieving Balance” Time Management Workshop**  
*Dr. Samantha Nix, FSU Academic Center for Excellence*
- 4:00 pm “Finding a Work/Life Balance”**  
*Q&A Discussion with a Panel of Faculty and Professionals*
- 5:00 pm Networking**  
*Social Hour and Reception*



**Friday, May 10, 2019 | 1:00PM**  
**Nancy H. Marcus Great Hall**  
**Honors, Scholars, and Fellows House**



To Register: [https://fsu.qualtrics.com/jfe/form/SV\\_9Zj7yoVnvPUmYpn](https://fsu.qualtrics.com/jfe/form/SV_9Zj7yoVnvPUmYpn)