

## Dealing with Difficult People

Everyone has a bad day once in a while. But interacting with a person who is difficult most days can be an ongoing challenge. Stress builds and it can seem like a no-win situation.

Discover the power you have to change your interactions. We'll explore specific strategies to manage difficult behaviors and share tips to improve communication.

*The session will kick off with lunch followed by the program at 12:15 pm.*

Email [Benefits@shu.edu](mailto:Benefits@shu.edu) to register for the below session:

**Date:**

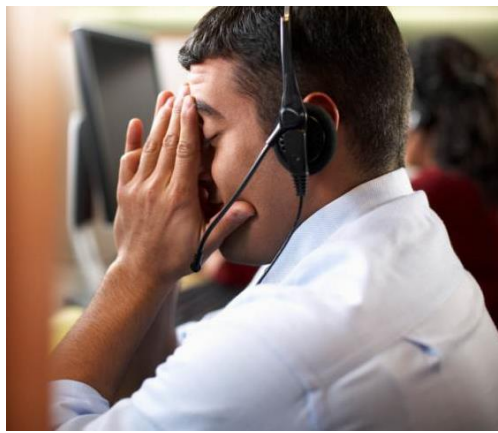
Tuesday, 5/16/17

**Time:**

12:15 pm – 1:15 pm

**Location:**

University Center,  
Faculty Lounge, Room 210



Presented by Cigna Employee Assistance Program