

VC SPECIAL



My Life: My Duty to Optimize it to the Full Potential

Tuesday, March 21, 2023 • 9:30-10:30 AM
Student Union Presidents' Room

SYNOPSIS:

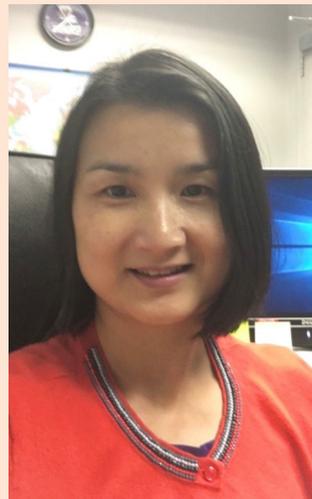
Understanding the relationship between accommodations and mental health is essential in the academic and business world. This workshop will explore developing good habits to optimize our life to our full potential. Stephen Covey is a renowned author, and his book, the 7 Habits of Highly Effective People, will set the foundation of this workshop. We will highlight research-based knowledge to raise awareness about these topics and share strategies to create a positive environment in the higher education and business community. This workshop is open to everyone: students, staff, faculty, and leaders.

PRESENTERS:



Dr. Neeru Deep

Interim Chair & Assistant Professor, Department of Psychology
Founder of Center for Positivity, Well-being, and Hope
Arthur Watson Endowed Professorship Recipient
Gallaspy College of Education and Human Development



Dr. Weiwen Liao

Associate Professor,
School of Business

Karl & Linda Moore
Endowed Professorship
in Business

College of Business
and Technology
Northwestern State
University of Louisiana

HOST:

III | NORTHWESTERN STATE

Dr. Neeru Deep, Founder-Center for Positivity, Well-being, and Hope

Funded by: Arthur Watson Endowed Professorship and Department of Psychology

The NSU Foundation donated the door prizes.