

TRITONS FLOURISH GROUP

For faculty and staff who wish to learn & practice skills to flourish personally & professionally.

For questions,
please contact:
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HUMAN RESOURCES
Faculty and Staff Assistance Program



This group is intended to establish a network of support & accountability for staff & faculty working towards personal & professional goals

Each meeting discusses skills & strategies to maintain resilience & flourish while managing the many stressors we face.

Meeting Third Friday of the Month.

Next meeting
Friday, May 19 12-1pm
Register Here:

[LINK](#)

When registering, join the contact list for additional resources twice a month!