The Peak Performance Practices of Productive and Happy Faculty

Susan Robison, Ph.D., is a psychologist, author, and consultant. A former academic department chair and professor of psychology at the College of Notre Dame of Maryland, Susan taught most of the undergraduate psychology curriculum and graduate courses in leadership. Susan is the author of two leadership books (Discovering Our Gifts and Sharing Our Gifts), a co-author with Barbara The Peak Performance Practices of Productive and Happy Faculty

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Faculty work hard yet secretly worry that they are not working effectively. This practical, interactive workshop based on the science of faculty productivity and peak performance will distill the work habits and practices of the most successful and engaged academics. Working from your personal definition of Great Work and a Great Life, you will set up a life management system to take charge of those overwhelming to-do lists and to manage priorities and goals so you can teach and serve well, produce the research that your institution encourages, and still achieve life balance.

No matter what your current level of productivity and life satisfaction you can gain from this workshop by learning how to:

- Energize your work and yourself by designing Great Work, work that flows easily from a deep sense of meaning and purpose.
- Develop work habits and practices that concentrate that power towards productive results and high job satisfaction.
- Achieve congruency between your intended time use and your actual time use through six accountability methods.
- Minimize time management distracters such as email, grading, and interruptions.
- Handle those frequently difficult areas such as emails, grading, interruptions, and setting boundaries.

Post-workshop Consultations

Thursday, January 26
OR
Friday, January 27
1:45-5 p.m., by appointment

Did you ever leave a workshop wishing you could have some individual time with the workshop facilitator? Participants in the Peak Performing Professor workshops described above will have the opportunity for an individual consultation time with Susan Robison. Typical topics for a coaching session include:

- How to decide what opportunities to take.
- How to use a life management system to corral all goals and projects in one place.
- How to stop wasting time on trivia and work on the most important tasks.
- How to manage projects so that details are not forgotten and deadlines are met.

These half-hour consultations are available for the afternoon following the workshop you participate in. That is, if you attend the Thursday morning event, you are eligible for a Thursday afternoon appointment; if you attend the Friday morning workshop, you are eligible for a Friday afternoon appointment. To schedule an appointment, email Tara Gray at tgray@nmsu.edu.

Walvoord et al. of Thinking and Writing in College, as well as numerous articles on leadership and work-life balance.

Her faculty development workshops include topics on stress management, time management, leadership, work-life balance, scholarly writing, and communication skills.